

The BRIDE'S BOOK

A Perpetual Guide For The MONTREAL BRIDE

BRANDOW PUBLISHING CO. OF CANADA
The brides...
* Cookery Books
CKK 1347



To Help You Finance Your Home

EVERY bride starts her new life with many cherished plans for the future.

You have now to consider ways and means of making your dreams come true. Start your housekeeping experience with a carefully laid plan of finance.

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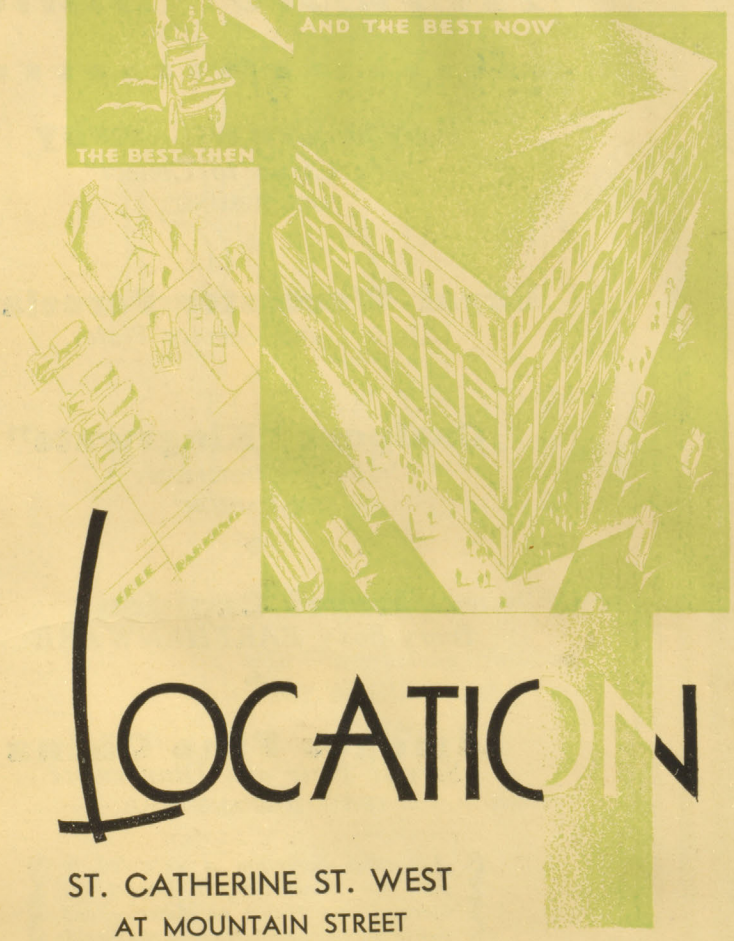
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The BRIDE'S BOOK

Published by

THE BRANDOW
PUBLISHING COMPANY
OF CANADA, LIMITED

Publishers of Household Books for Brides

610 Shaughnessy Building
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The Art of Interior Decorating
Budgeting the Family Income
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The Art of Home Sewing
The Science of Graphology
The Art of Social Correspondence
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Bridge and How to Play it
Mystic Art of Tea Cup Reading
Poisons and their Antidotes
First Aid to the Injured
Care of the Eyes, Teeth and Hair
Health and Beauty Hints
What an Expectant Mother Should Know
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An Introduction

Yesterday she was a carefree girl. Today dawns and finds her a bride, standing tremulous and shy-eyed on the threshold of an entirely new existence. As a mistress of a Man's heart and home, she now has a thousand new duties, a thousand new responsibilities. Much is expected from her from the very beginning. She, alone of all people, cannot wait to learn from experience. Her problems are of the present, and they must be solved in the present, if married life is to bring her and her husband the full share of love, health, happiness and success to which they are rightfully entitled. But how is she, in the veriest twinkling of an eye, to make up for her lack of experience ? Where, in the space of an hour, or a day, is she to obtain the wide and varied knowledge she needs in her new life ?

The answer to both vital questions is " The Bride's Book. " A book was never more appropriately named, for within its pages the Bride will find answers to every one of her problems, both the trifling and the important ones. Such a mine of information, especially adapted to fit the needs of the modern-day Bride, has never before been gathered within the covers of one book. Every bit of information is authoritative and may be depended upon implicitly. Experts have written the more important articles, and reliable sources have been consulted in the compilation of all the other pages.

The summary of the articles contained in this book, that appears on the preceding page, indicates quite clearly that no phase of the Bride's activities and concerns has been overlooked. Over one hundred pages are devoted to the food problem; many deal with the question of health; others with entertainment and general information that the Bride should have at her finger tips, to enable her to be a success as wife and hostess in her new home.

The Directory of Manufacturers and other business concerns is a noteworthy feature of this book, which will prove invaluable to the Bride. Usually it is only after years of painful and costly experimenting that the Bride learns what to buy and where to trade to the best advantage. All waste of time and money is now saved her. She can entrust her patronage to any of the firms listed here, in full confidence. The Directory should prove a complete and worthy guide, and if she studies it carefully, the Bride will find firms capable of looking after her needs, no matter what they are.

FOREWORD TO THE BRIDE

This beautiful and exceedingly useful book is a gift to you, on the occasion of your marriage, from the manufacturers and other business concerns whose announcements appear within its covers.

These reputable and well-established firms present the book to you in a most friendly spirit, together with their congratulations, and they cordially unite with your other friends in the sincere hope that the great happiness which fills your heart during these first rose-tinted days of married life will endure throughout all the years to come. No trouble or expense has been spared in making this gift a most worthy one.

With this book you will also receive the "Bride's Shower", an assortment of high quality products, each of which is an undisputed leader in its line. These products come like-wise as gifts, offered to you in the same friendly way that the book is offered. The manufacturers of these products present them in the belief that they can do you no higher service than to acquaint you with the virtues of their products at this time, when the problems of cuisine, house keeping, furnishing, health, etc., are new and-s trange to you.

We, the publishers, take pleasure in assuring you that you will make no mistake in bestowing your patronage on the firms who present this book to you. Their names are your guarantee that in dealing with them you will receive the utmost in value, most courteous service and strict attention to your needs.

TO THE HUSBAND

Do you know you've asked for the greatest gift
Ever given by the Hand Above —
A woman's heart and a woman's life
And a woman's wonderful love ?
Do you know you 've asked for all of these
As a child might ask for a toy —
Demanding what thousands have died to win
With the reckless dash of a boy ?

You also have written my lessons out,
Manlike you have questioned me;
Now stand at the bar of a woman's soul
Whilst I do question thee.
You require your home shall be spotless,
That your meals be ready for you;
I ask that you always be fair to me,
That your love be tender and true.

As sweetheart, mother, and helpmate, too,
I must please you in everything;
Is it too much when I ask
For a lover, a pal, and a king ?
A king for that beautiful realm called home,
A man I am proud to call mine;
A lover, a father, and a husband true,
Until the end of time.

I am young and fair, but the roses will fade
From my soft, young cheeks some day;
Will you love me when the autumn leaves fall
As you did in the bloom of May ?
Is your love an ocean so deep and wide
That I may trust my all on its tide ?
For a loving woman finds Heaven or Hell
On the day she becomes a bride.

— G. A. B.



A Message from the Editor



Go to Church

Do not make your marriage-day the last occasion on which you and your husband enter a church together.

Every Sunday, make arrangements to go to church with him. You rejoice in your absolute possession of him. He is grateful for the beauty and romance you bring into his life.

Together, go to church and thank God for giving you each other.

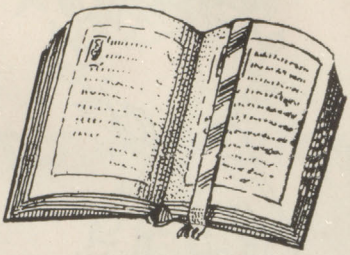
You were raised to believe in a certain creed. You were taught that attendance at church is one of the most necessary duties. Go to church on Sundays with your husband, and do not make the marriage that means so much to both tear you away from the old, cherished, familiar things.

Go to church when you are joyful and happy. You will return afterwards feeling even better.

Go to church when things go wrong. When dark clouds gather about you. In close communion with God, you will receive strength in abundance, and your worries will pass as if by magic.

Every Sunday, make arrangements to go to church with him. You rejoice in your absolute possession of him. He is grateful for the beauty and romance you bring into his life.

Go to Church Every Sunday



Our Marriage Record

_____

and _____

were united in

Holy Matrimony

on the _____ day

of _____ A.D. _____

at _____

_____

according to the laws of _____

_____

_____

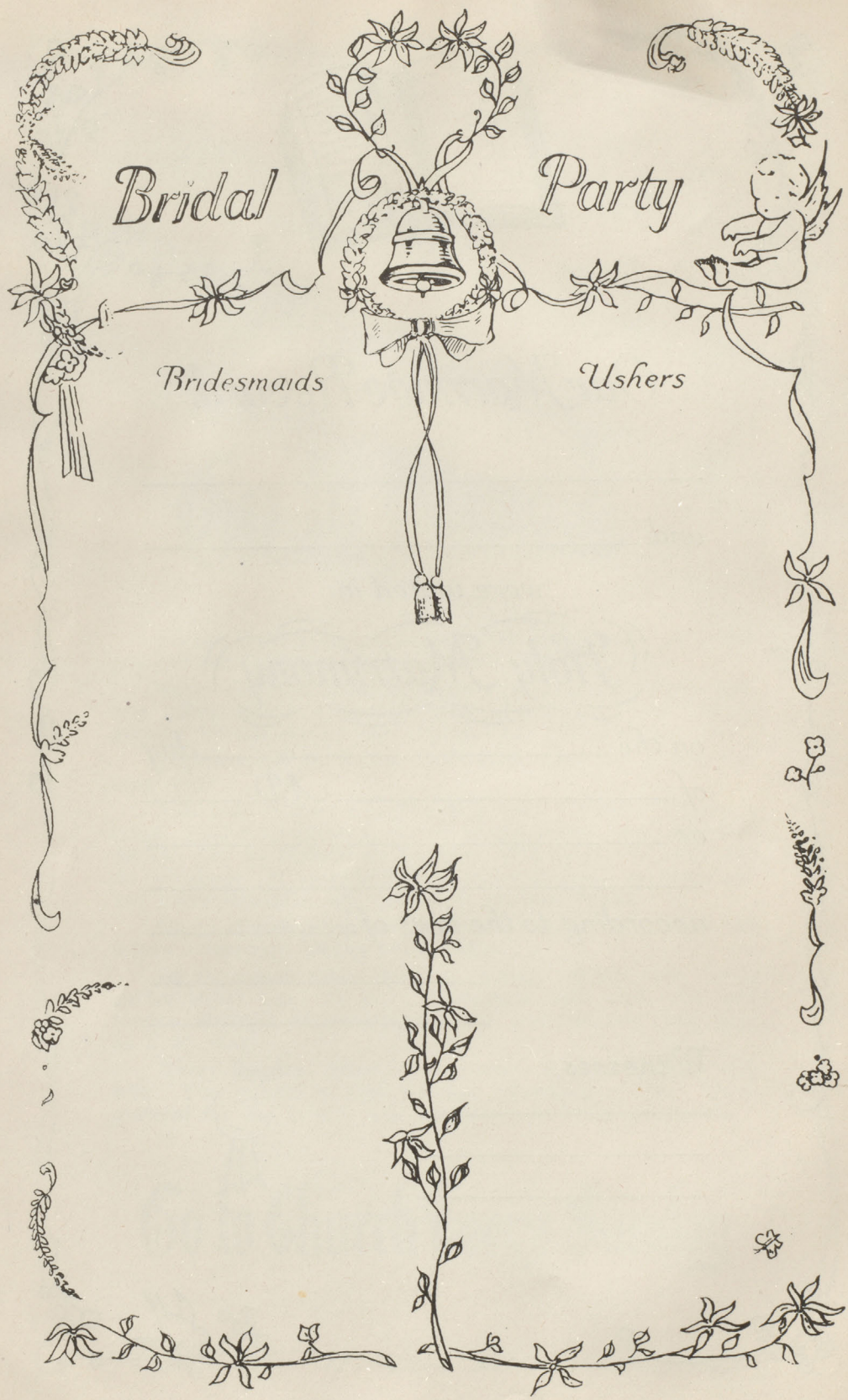
Witnesses

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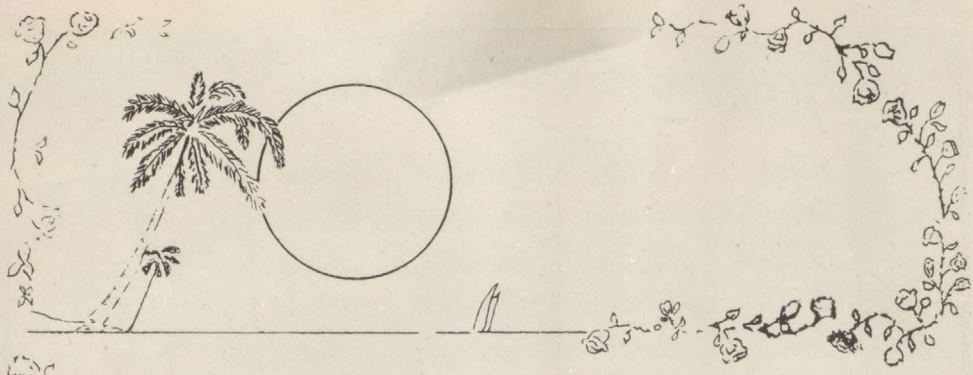



Bridal
Party
Bridesmaids
Ushers

Guests and Autographs

Our Wedding Presents

Gifts	Givers



The Honeymoon



Wedding Anniversaries

First	Cotton	Fifteenth	Crystal
Second	Paper	Twentieth	China
Third	Leather	Twenty-fifth	Silver
Fifth	Wooden	Thirtieth	Pearl
Seventh	Woollen	Fortieth	Ruby
Tenth	Tin	Fiftieth	Golden
Twelfth	Silk and Fine Linen	Seventy-fifth	Diamond

Precious Stones

Month	Stone	Token
January	Garnet	Constance
February	Amethyst	Sincerity
March	Bloodstone	Wisdom
April	Diamond	Innocence
May	Emerald	Love
June	Pearl	Riches
July	Ruby	Greatness of Soul
August	Sardonyx	Conjugal Fidelity
September	Sapphire	Happiness
October	Opal	Hope
November	Topaz	Bliss
December	Turquoise	Prosperity

Birthday Flowers

January	Carnation
February	Violet
March	Jonquil
April	Sweet Peas
May	Peonies
June	Rose
July	Delphinium
August	Gladiola
September	Daisy
October	Gardenia
November	Chrysanthemum
December	Narcissus

DINNERS AND LUNCHEONS

One of the effects of the Great War and the consequent dislocation of society has been the almost total blotting out of the distinctions which were once so radically drawn between formal and informal luncheons, and between formal and informal dinners. It is hard to say whether this change is for the better or not, but of one thing we may be sure, and that is, that the hostess is now allowed greater scope and freedom to express her own personality in terms of decoration, kinds of food served, details of service, etc. She is no longer bound down hand and foot to the observance of a rigid unyielding code, but on the other hand, she must more than ever be certain that in every detail of her dinners and luncheons there is nothing that bespeaks a low standard. Today the hostess is judged purely and simply by the standards she sets for herself. If her dinners and luncheons are not a success; if they do not attain an enviable reputation for smartness, she has only herself to blame; for she is allowed such latitude that the rules of etiquette governing these matters are subjects almost of her own determination.

General Principles

Simplicity is the great object to seek, both for informal and formal meals. Carry it out in the table linen, in the flat service, in the china, in the decorations, and to what extent possible, in the food served.

Have the table linen immaculate, and arrange the covers with exactness. Attention to these two points is almost a guarantee of success, for nothing so draws criticism as crumpled linen and slovenly arranged covers.

The table may be square, oblong, or round. It is best to have a soft pad to cover the table surface underneath the cloth. The tablecloth should hang over the sides and ends of the table at least twelve inches.

The decorative scheme should be simple. If a centre-piece is used, it should be low so as not to obstruct the view of guests. Small flowers may also be placed at the right of each cover. It is, of course, understood that the hostess will choose flowers whose colors do not clash with the color of the china, etc.

If the meal is an evening one, the illumination of the table is a most important item. If candles are used — and their use is becoming more and more popular — they should be so arranged as not to interfere with the guests, and with shades so placed as to slide down as the candles burn away. If candle light is insufficient, one should endeavor to have the light from the electric fixtures come from the sides of the room rather than straight down upon the table. An otherwise perfect dinner may be utterly ruined by too brilliant a light casting hard shadows across the table.

Luncheons

The fashion of serving many courses at a luncheon was once popular, but is no longer. The smart hostess today affects simplicity both in the food served and in her manner of serving it, but even for informal luncheons it is permissible to use the most beautiful silver and china.

Three, or, at the most, four courses are sufficient. The first course should be something light and savory. Anchovy on toast, bouillon in cups, stuffed eggs, or something similar is suggested. The second course consists of fish, cutlets, small steaks or chops together with vegetables. The third course is the dessert, preferably some light, easily-digested sweet. Fruit and small

dishes of nuts or bonbons may be served with the coffee. If a fourth course is desired, it might well be a salad served before the dessert.

When luncheon is announced, the first course may already be on the table, if the affair is an informal luncheon. In this case, the dishes for the remaining courses are arranged near at hand on a side table.

For a formal luncheon the table may be covered or bare. If bare, doilies are used under plates and glasses. The hostess is permitted to serve the salad and coffee, but it is considered better form to have all food served from the side.

Buffet luncheons are proving very popular, particularly in country houses. The dishes, hot or cold, are placed upon a sideboard, and are replaced as quickly as emptied by others. Plates, glasses, knives, forks and spoons are arranged in groups, ready for the guests to use in serving themselves. Large urns for soup and large coffee-urns might very usefully occupy the ends of the table with cups, saucers, spoons, cream and sugar, salt, pepper, etc., grouped about them. Sandwiches and cakes of various kinds supply an extra fillip to this sort of informal luncheon.

Dinners

As we mentioned above, the modern trend is towards simplicity, so whether the dinner is for two or twenty, there is no great change in the elements of the meal. A course or two may be added, and the size of the table is changed, but aside from these, and the amount of food served, there is no essential difference to be noticed. Dinners range usually from three to seven or more courses in length. At practically all dinners, nowadays, the carving is done behind the scenes, and the serving is done from the pantry. Service is usually double; that is, it starts from the hostess and from the lady on the host's right simultaneously, each person in turn helping him or herself from the proffered dish.

The most distinguished guest, if a woman, is taken to dinner by the host. If the most distinguished guest is a man, he is taken in by the hostess. Unless the guest of honor happens to be a person of rank, the hostess and whoever takes her in, would follow her guests into the dining room.

In this modern age, when simplicity and contrast rather than elaborate decoration are relied upon to produce desired effects, it is considered much better form to use an embroidered luncheon cloth or doilies for the luncheon table, instead of the more formal table cloth. Much of the effectiveness of the runner or doilies depends upon the arrangement of them in relation to the table, so care must be taken to adjust every detail in perfect harmony.

It is not considered good form to use candles during luncheon, and if the centrepiece is of flowers let it be very simply and informally arranged. A formal arrangement of flowers might produce such a stilted contrast to the rest of your service, that the whole appearance of the luncheon table would be ruined.

Aim to make your luncheons distinctive, enjoyable little affairs that guests will enjoy coming to, and from which they will go away both pleased and happy. Strive for originality within bounds. Do not go the limit either in restraint or in overdoing. Make food, service and atmosphere harmonize as well as you can. Serve just enough dainty, well-prepared food to satisfy your guests. Serve it in such a way as to produce no long delays between courses, and on the other hand never give the impression of hurry or rush. Calmness is an essential of a successful luncheon, and the hostess is the one person who can assure this by painstaking attention to every detail beforehand.

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Food wastage is cut down to the vanishing point in thousands of Canadian kitchens where Appleford's Para-Sani Heavy Waxed Paper is used.

In the course of a year Para-Sani saves every woman many dollars in preventing food spoilage, yet the average yearly cost is less than a dollar.

And Para-Sani also keeps food flavours to themselves — prevents cheese, onions and other pungent foods communicating their flavours to other foods.

Wrap all your foods, particularly "leftovers" and sandwiches, in Para-Sani. Buy it in the handy, dust proof carton from which you tear off just the length you need, at grocers, stationers, department stores, etc.

APPLEFORD PAPER PRODUCTS LIMITED

HAMILTON - TORONTO - MONTREAL



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that's so important, not only for 'state' occasions but for the regular three-times-a-day diet.

Only a first-class, sound and pure Tea will stand both these critical tests.

That's why we suggest you commence with "SALADA". For nearly forty years "SALADA" Tea has been the steady favourite in millions of homes. Every year some hundreds of thousands more people commence using "SALADA" Tea and as they never forsake it thereafter, the sale of "SALADA" has been the largest of any brand on the continent for some years now.

There's just one reason for this devotion to "SALADA". It's the downright **Satisfaction** that it gives to folks.

"SALADA" gives the greatest amount of comfort and contentment that can be found in any tea, whether you buy the popular priced BROWN LABEL or the luxurious "ORANGE PEKOE"—Any grocer can sell you either blend.

Let "SALADA" be your "standby"

"SALADA" TEA

"Fresh from the Gardens"

SETTING THE TABLE

The setting of the table, like all other details connected with meals, has become a matter of personal determination. Many a woman today finds great satisfaction in handling her own linens, china, glass and silver, and in arranging her table with them in such a manner as to express her own personality and conception of good taste. When looked upon in this way, the setting of a table becomes an art.

Two usages govern the setting of tables for breakfast, luncheon and dinner. While distinct rules are laid down, it must be understood that the personal equation is meant to enter in, and if the Bride, has trust in her own good taste, she may always make changes she thinks needed. One usage is for formal meals. This is more rigid than the one applying to informal meals, but as we said before, is not absolutely binding. The usage for informal meals is determined altogether by the wishes of the Bride. The arrangement is nicely ordered rather than formal, and always strongly individual, with everything arranged to make the guest feel instantly at home.

In the informal usage, all silver and dishes, except those for the dessert and demi-tasse, are placed upon the table before the meal; and the serving of the several dishes is attended to by those at the table. The Bride who serves her own table should follow two principles in the setting of it; to make the service of the meal as efficient and unnoticed as possible. She should take care also to serve each course with its appropriate silverware.

Dinner

Dinner is usually the meal on which the most care is expended, both in the preparation of food and in the setting of the table. Whether guests are to be entertained or the family dines alone, the table should be arranged in as charming a style as possible. White damask cloth, with large dinner napkins to match, supplies the background, as it were, for the remainder of the table furnishings. In the arrangement of the individual covers, care should be taken to allow twenty inches for each person. Place a service plate in the centre of each space, close to the edge of the table. Arrange the knives, with edges towards the plate, on the right side, in the order of use beginning from the right. At the right of the knives place the spoons, bowls up, in order of use, beginning from the right. All forks, except the oyster fork, are placed on the left side of the plate, with tines up, in order of use, beginning from the extreme left. The oyster fork is placed to the right of the soup spoon, tines up.

Tea spoons, if used, are placed just outside the knife used for the roast. The fish knife comes between the tea spoon and soup spoon. If too many courses are served to permit of all the flat silver being placed on the table before the meal, extra pieces may be placed at each cover previous to being needed. Glasses should be placed just above the centre of the plate, above the knife. On the left is the meat fork, and next to the plate is the salad fork. If fish is served, the fork is placed to the left of the meat fork.

The bread-and-butter plate, when used at dinner, occupies a place to the left of the forks. Across its left side is placed the butter spreader. At formal dinners, butter is not served, and, consequently, the plate and butter spreader are omitted. When after-dinner coffee is served, coffee spoons are placed on the saucers.

Wine glasses should be placed to the right of the water glass, in the order in which they are to be used. Napkins are placed either to the left of the forks or upon the service plates.

Courses for a Formal Dinner

FIRST COURSE

Appetizers — Cold Hors d'Œuvres

These are eaten preliminary to the dinner for the purpose of stimulating the gastric juices and thus creating an appetite.

SECOND COURSE

Oysters or Shellfish

Salt, pepper, cayenne, tabasco sauce, and tiny sandwiches of brown bread are usually passed with this course.

THIRD COURSE

A Clear Soup

Celery, olives, radishes, etc., are usually passed with this course.

FOURTH COURSE

Fish (broiled, baked or fried)

Sometimes potatoes, and generally cucumbers or tomatoes dressed, are served with this course.

FIFTH COURSE

Entrees

An extensive selection of these will be found elsewhere in this book.

SIXTH COURSE

Meat (with potatoes and one other vegetable)

SEVENTH COURSE

Frozen Punches or Cheese Dishes

EIGHTH COURSE

Game or Poultry with Salad

NINTH COURSE

Hot or Cold Desserts

TENTH COURSE

Frozen Desserts, Cakes and Preserves

ELEVENTH COURSE

Fruits

TWELFTH COURSE

Coffee and Liqueurs



The Triple Link of Health

Right now . . . at the very beginning . . . start to guard that good health and supreme happiness with Vi-Tone.

This wonderful taste-tempting beverage gives real, lasting benefits to the body—keeps the system radiantly healthful and bubbling with good spirits.

A scientific combination of the Soya Bean with malt extract and milk, all so rich in protein and vitamine content, deliciously flavored with chocolate—that's Vi-Tone !

Grocers and Druggists everywhere sell Vi-Tone. Be sure to include a can in your next order.

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HAMILTON, CANADA

Canadas Best Sodas



McCormick's Jersey Cream Sodas, are invariably the choice of most Canadian Housewives.

Instead of ordering just "biscuits" from your grocer, ask for McCormick's and enjoy, as thousands of others do, their crispy-creamy flavor.

See Page 118 for Special Recipes

Product of

McCORMICK MFG. COMPANY LIMITED

Also makers of



Oven-kist

Canada's Finest Biscuits



Menu for a Formal Dinner

FIRST COURSE

Oysters or Clams in Shells — Brown Bread Sandwiches

SECOND COURSE

Consomme — Croutons

THIRD COURSE

Broiled Trout — Cucumbers — Maitre D'Hotel Butter

FOURTH COURSE

Croquettes or Sweetbreads

FIFTH COURSE

Saddle of Mutton — Currant Jelly — Potatoes
Peas in Fontage Cups

SIXTH COURSE

Punch

SEVENTH COURSE

Broiled Quail and Chestnut Puree — Tomato Salad

EIGHTH COURSE

Bombe Glace — Sponge Cake

NINTH COURSE

Fruit and Bonbons

TENTH COURSE

Coffee

WHEN AND HOW TO SERVE WINES

Sauterne, slightly cold, with oysters.
Sherry, slightly cold, with soup.
Rhine Wine, not very cold, with fish.
Claret, slightly cold, with entrees,
Champagne, very cold, with poultry and meat.
Burgundy and Champagne, with salads.
Burgundy a little warm, with game.
Port Wine or Madeira, temperature of wine cellar, with desserts.
Cordials and Brandies, with coffee.

HOW TO MAKE AND SERVE COCKTAILS

The inventor of cocktails is as lost in history as the man who invented golf, but blessings upon his head, whoever he was, for his genius enables the modern Bride to prefix a mellowing touch to her most perfect meals. All she needs are the proper ingredients, a knowledge of the art of mixing and serving; and if the old saying is true that "the road to a man's heart is through his —" then the Bride can be certain and sure that her husband's heart is forever hers.

There are ordinary occasions and extra-special occasions, and the Bride should adapt her cocktails to suit. When the best is demanded, she will find the following cocktails meet the most exacting requirements.

Silver Fizz

1 white of egg
4 dashes lemon juice
1 heaping tablespoon sugar
1 wineglass Burnett's White Satin Gin
Shaved ice

Fill the shaker three-quarters-full of ice. Pour in sugar and white of egg, add lemon juice and gin, and shake well. Strain into tall glass, fill with seltzer water, and serve.

Martini

3 dashes Angostura Bitters
6 dashes Orange Bitters
½ wineglass French Vermouth
Shaved ice
½ wineglass Burnett's White Satin Gin

Fill the shaker half-full of ice. Add the bitters, gin and vermouth, stir well, strain into cocktail glass, and serve.

White Satin Cocktail

¾ Wineglass Burnett's White Satin Gin
1 Teaspoon orange or lemon juice
1 teaspoon powdered sugar
1 white of egg
Cracked ice

Dampen a small plate with lemon juice, and dip rim of glass in the lemon juice, and then in sugar. Cut a V-shaped piece of orange, impale on tooth-pick, and place in glass. Fill the shaker half-full of ice, add sugar, white of egg, orange or lemon juice, and gin. Shake well, strain, pour into glass, and serve.

John Collins

1 teaspoon powdered sugar
Juice of one lemon
1 bottle plain soda
Cracked ice
1 wineglass Vicker's Gin

Fill a large glass three-quarters-full of cracked ice, add sugar, lemon juice, and gin. Pour in soda water, stir brisky, and serve.

Bronx Cocktail

¼ wineglass Vicker's Gin
¼ wineglass French Vermouth
¼ wineglass Italian Vermouth
Cracked ice
1 slice orange

Fill the shaker half-full of cracked ice, add the two Vermouths and slice of orange. Add gin, shake well, and serve in cocktail glass.

HAPPY DAYS!



The First Dinner Party

It's a happy young hostess . . . . and a wise one . . . who assures the success of her first dinner party from the start, by serving cocktails made from Sir Robert Burnett's White Satin Gin.

No other gin quite expresses the discrimination and good taste of the hostess as White Satin—its exquisite flavor and fragrant bouquet are quite exclusive and distinctly superior.

* * *

White Satin Gin comes in a crystal-clear ribbed bottle and is easily distinguished by a label woven from real White Satin.

Burnett's

WHITE SATIN

Gin

10A

THE ARISTOCRAT OF ALL GINS

in
MARRIAGE
it's the blending of personalities that counts



and

in
WHISKY
it is the "marrying" of whiskies of selected character that counts



13 OZ FLAGON
$1.85

26 OZ
FLAGON
$3.50

HUNTLY BLEND
Whisky

IT'S THE BLEND THAT COUNTS

HOW TO MAKE AND SERVE COCKTAILS

Good whisky is — good whisky, and an indispensable asset in modern entertaining. Mention of it always suggests whisky-and-soda, but the up-to-date Bride remembers that it can also be the basis of other delightful mixtures. The whisky recommended in the following recipes is of exceptional quality, so smooth and so mellow, that it blends to perfection with the other ingredients.

Whisky Sour

4 dashes gum syrup
4 dashes lemon juice
1 wineglass Huntly Blend Whisky
Shaved ice

Fill the shaker two-thirds full of ice, add gum syrup and lemon juice, and pour in whisky. Shake well, strain into glass, dress with desired fruit, and serve.

Royal Fizz

1 heaping teaspoon fruit sugar
5 dashes lemon juice
2 dashes lime juice
1 wineglass Huntly Blend Whisky
1 egg
Shaved ice

Fill large tumbler two-thirds-full of rice, add sugar, lemon juice, orange juice, egg and whisky. Stir well, strain into fizz glass, fill with Apollinaris or seltzer water, and serve.

Whisky and Mint

2 sprigs of mint
1 wineglass Huntly Blend Whisky
½ teaspoon sugar
Cracked ice

Fill glass two-thirds-full of cracked ice, drop in sprigs of mint, and add sugar and whisky. Stir well, and serve.

Other Cocktails

Variations in whiskies is as desirable as variations in anything else, and it is with this in mind that the following mixtures are suggested :

Whisky Cobbler

1½ wineglasses Peter Dawson Whisky
1½ teaspoons powdered sugar
2 teaspoons pineapple syrup
Shaved ice

Pour whisky, sugar and pineapple syrup into a large glass. Add shaved ice until glass is full, stir well, dress with desired fruit, and serve with straws.

Hot Scotch Toddy

1 teaspoon sugar
Hot water
Lemon peel
Nutmeg
1 wineglass Peter Dawson Whisky

Pour glass two-thirds-full of hot water, add sugar and whisky, and twist piece of lemon peel on top. Sprinkle with nutmeg, and serve.

Mamie Taylor

1 lump of ice
1 preserved cherry
1 wineglass Peter Dawson Whisky
Ginger ale

Drop lump of ice into tall thin glass. Add cherry and whisky, fill glass with ginger ale, and serve with spoon.

THE ART OF CARVING

To master the art of carving, one must thoroughly understand the anatomy of the meat or fish that is to be carved. One of the first essentials after this is a sharp knife, for all the knowledge in the world will be of no avail if the cutting edge tears and pulls the flesh. Other essentials are a large platter and plenty of room for the arms.

Fish

The carving of fish is extremely simple if a few basic principles are observed. First run the knife down the whole length of the back fin, then cut from the back fin to the middle of the fish. The flesh may now be easily separated from the bone. When one side of the fish has been thus served, turn the fish over, and carve the other side in exactly the same way. The centre of the fish is considered the choicest part, as it is the fattest. The flesh around the head is decidedly gelatinous.

Medium-sized fish, like mackerel, salmon trout, etc., are cut directly through the backbone, thus giving a piece of flesh on either side of the backbone for each serving.

Beef

A long, broad-bladed knife is required for the proper carving of roast beef. Always be sure to cut across the grain of the meat; never, on any account, carve with the grain.

That particular joint of beef known as Porterhouse Roast or Sirloin Roast, consists of the sirloin, the tenderloin and the flank. The flank is tough, and if roasted together with the sirloin and tenderloin, is generally made use of for some side dish, such as croquettes, or hashed meat on toast. It is very seldom even carved at the table.

The tenderloin and sirloin, it is emphasized again, must be carved against the grain. Cut thin slices parallel with the vertebrae, then cut close to the backbone. In this manner, the slices are easily separated. Rib Roasts are best carved in exactly the same way as the sirloin.

Rolled Ribs and Round Roast of Beef are carved best in thin slices, the thinner the better, each slice being round in shape and containing considerable fat streaked through the lean.

Beef Steaks are also best carved across the grain.

In carving Sirloin Steaks, cut slices at right angles to the vertebrae in both the tenderloin and sirloin, then separate.

Leg of Mutton

Many of the most expert carvers consider that a Leg of Mutton is the most difficult cut of meat to carve properly. If the hip bone is removed, the carving of this joint is comparatively simple, but unfortunately for the carver of ordinary skill, it is usually left in.

First place the leg on a good-sized platter, with the skin side next to the platter. Carve from the hip bone across the leg. These slices, thus obtained, will be the largest, since they come from that part of the leg which has the most meat on it. The portions near the knuckle can be carved in the same way. These will be found to be better done than the thicker slices. If desired, chops may be cut from the upper part of the leg.

Fore Quarter of Mutton

Remove the fore leg and the shoulder, and then proceed to separate the rib chops. Every part of the fore quarter is sweet and tender except the neck, and this should only be used for stewing. In carving the shoulder, it is best for the carver to see and study the meat before it has been cooked.

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Fore Quarter of Lamb

Proceed as in instructions for Fore Quarter of Mutton. All parts of the Fore Quarter of Lamb will be found sweet and tender.

Saddle of Mutton

There are several ways of carving this joint; one as effective as another. The fat, tenderloin and kidneys should be removed in one piece, and the most popular way of attaining this, is to cut long slices parallel with the backbone, on that portion of the meat which is nearest the tail, and then to cut slices diagonally from that portion nearest the neck.

Shoulder of Veal

The Shoulder of Veal is very often boned and stuffed. In that case, the best plan is to cut through the meat from side to side. If the bone happens to be left in, carve in exactly the same manner as the Shoulder of Mutton, described above.

Loin of Pork

Chops may be carved and served, or the roast may be carved in exactly the same manner as Sirloin of Beef, which is described above.

Roast Ham

Carve through the fat and meat directly to the bone, using first that portion of the ham nearest to the knuckle. Care should be taken to cut ham in very thin slices.

Tongue

The small end of the Tongue is inferior in flavor to the thicker portion. Therefore it is the best plan to cut slices crosswise of the tongue and serve a slice from both small and thick ends to each person.

Poultry and Game

Place the bird on platter with the head towards the left hand, and one side towards the carver. Insert fork across the centre of the backbone, and remove the wing first, then the leg, then the side bone between leg and body. Carve slices from the breastbone to the place where wing has been removed. Remove wishbone now, by carving from end of breastbone to the left of the wing joint. Make an incision to the right of the breastbone for removal of stuffing. Remove fork from breastbone, and cut the leg into small portions. Serve a slice of light meat and a slice of dark meat to each person.

It is better form to serve one side of the bird before beginning to carve the other side.

Broiled Chicken

Carve through the breast, and cut into halves at right angles with the top of the leg. If birds are small, serve one to each person.

Roast Duck

Cut off the wing and the leg in the same manner as in the carving of Poultry, described above. Then carve the breast-meat parallel to the breast-bone, beginning at the side, at a point between the wing joint and the thigh.

Roast Goose

Carve in exactly the same manner as Roast Duck, described above, but carve the leg into several portions.

Grouse and Partridges

These birds are carved like a goose, although in some places it is the custom to separate the breast from the bone, and serve one-half of the breast to a person. Pigeons, quails and other small birds are usually served whole, generally on toast.

Send the Publishers the names of your newly-married friends, or brides-to-be.

A TABLE OF WEIGHTS AND MEASURES

General

60 drops	1 teaspoon	2 coffee spoons	1 teaspoon
3 teaspoons (dry)	1 tablespoon	4 teaspoons (liq.)	1 tablespoon
1 tablespoon (liq.)	½ ounce	4 tablespoons	¼ cupful
4 tablespoons	1 wine glass	4 tablespoons	½ gill
12 tablespoons (dry)	1 cup	½ pint	1 cup
16 tablespoons (liq.)	½ pint	2 wine glasses	4 ounces
2 wine glasses	1 gill	2 gills	1 cup
2 gills	8 ounces	8 gills	1 quart
2 cups	1 pint	2 cups	4 gills
1 pt. (liq.)	1 pound	32 ounces (liq.)	1 quart

Specific

Butter, 1 cup	8 ounces	Indian meal, 3 cups	1 pound
Butter, 2 tablespoons	1 ounce	Meat, 1 cup, chopped	½ pound
Bread crumbs, 1 cup, pressed.	4 ounces	Milk, 1 cup	8 ounces
Bread dough, 1 cup, rounded.	6 ounces	Oatmeal, 2 2/3 cups	1 pound
Coffee, 2 tablespoons, heaping	1 ounce	Oats, rolled, 5 cups	1 pound
Coffee, 4 1/3 cups	1 pound	Raisins, 1 cup	8 ounces
Currants, 1 cup	6 ounces	Rice 1 ⅞ cups	1 pound
Eggs, 9 or 10, unbroken	1 pound	Rye meal, 4 1/3 cups	1 pound
Eggs, 9 or 10, broken	½ pound	Suet, 1 cup, chopped	4 ounces
Eggs, 7 yolks	1 cup	Sugar, brown, 2 2/3 cups	1 pound
English walnuts, 5 cups	1 pound	Sugar, confectioners', 3 ½ cups	1 pound
Flour, 4 tablespoons	1 ounce	Sugar, granulated, 2 cups	1 pound
Flour, pastry, 4 cups	1 pound	Sugar, powdered, 2 2/3 cups	1 pound
Flour, bread, 4 cups	1 pound	Sugar, 12 tablespoons, heaping	1 pound
Flour, graham, 4 ½ cups	1 pound	Salt, 12 tablespoons, heaping	1 pound
Flour, whole wheat, 3 ⅞ cups.	1 pound	Tea, 1 cup, dry	4 ounces

MEASURING

Teaspoons and tablespoons should be of standard size.

Standard measuring cups of tin, aluminum, agate or glass, holding one-half pint, and marked off in thirds and quarters, should be used.

All measurements should be made level, unless otherwise specified.

Always level with back of straight-edged knife.

To measure powders and other dry materials, take heaping measure and make level with straight-edged knife. For one-half spoonful, divide level spoonful in halves lengthwise; for one-quarter spoonful, divide lengthwise and then crosswise; for one-eighth spoonful, divide a quarter spoonful diagonally. For one-third or two-thirds spoonful, make two cuts crosswise.

A teaspoon or tablespoon, liquid measure, is all that the spoon will hold of liquid.

A cup, liquid measure, is all that the cup will hold of liquid.

Remember that ⅛ cup is the same as 2 tablespoons of butter or other fat; ¼ cup equals 4 tablespoons; and that ½ pound of print butter may be used where 1 cup is called for.

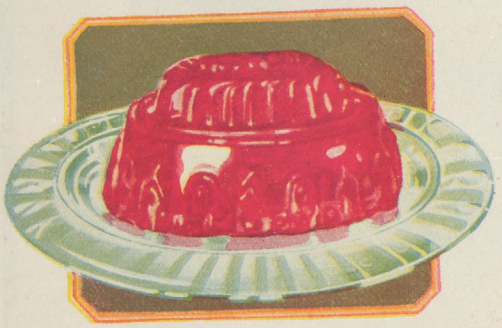
If bread flour must be used in a recipe which calls expressly for pastry flour, use two tablespoons less for each cup of flour called for.

Flour, confectioners' sugar and any other dry material that tends to become lumpy after standing, should be sifted before being measured.

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Time Table for Cooking

MEATS

Roasting

Beef, Round Roast, rare	10-12 min. per lb.
Beef, Rib Roasts, rare	8-10 min. per lb.
Leg of Lamb, well done	18-20 min. per lb.
Leg of Mutton, rare	8-10 min. per lb.
Turkey, small size	15-20 min. per lb.
Beef, Rib Roast, well done	12-15 min. per lb.
Chicken	15-18 min. per lb.
Leg of Mutton, well done	15-18 min. per lb.
Pork, well done	30 min. per lb.
Veal, well done	25 min. per lb.

Boiling

Chicken	15 min. per lb.
Ham	18-20 min. per lb.
Pot Roast Beef	30-35 min. per lb.
Corned Beef	30 min. per lb.
Mutton	15 min. per lb.
Turkey	15 min. per lb.

Frying

Lambs chops, breaded	8 min.
Veal chops, breaded	8 min.
Liver	4 min.
Veal cutlets, breaded	8 min.
Steak, 1 inch thick	10 min.
Mutton chops, breaded	10 min.
Bacon	4 min.
Lamb cutlets, breaded	8 min.
Chicken	20 min.
Steak, 1 ½ inch thick	15 min.

Broiling

Bacon, Ham or Liver	4 min.
Veal or Lamb Chops	8 min.
Steak, 1 ½ inches thick	15 min.
Chicken, spring	20 min.
Mutton chops	10 min.
Steak, 1 inch thick	10 min.

FISH

Baking

Fish, thin slices	8-10 min. per lb.
Halibut, whole	1 hour
Fish, thick slices	10-15 min. per lb.

Broiling

Fish, small and thin	5-8 min.
Bass, whole	8-10 min.
Bluefish, -whole	18-22 min.

Boiling

Fish, thin	5-8 min. per lb.
Clams or oysters	3-5 min.
Fish, thick	8 min. per lb.

Frying

Fillets and steaks	4-7 min.
Trout	3-5 min.
Smelts	3-5 min.

VEGETABLES

Boiling

Asparagus	20-30 min.
Brussels Sprouts	10-15 min.
Cauliflower	20 min.
Lima Beans	30-40 min.
Parsnips	30-40 min.
Potatoes	20-30 min.
String Beans	20-30 min.
Beets	30-90 min.
Cabbage	20 min.
Green Corn	10-20 min.
Onions	30-40 min.
Peas	15-20 min.
Spinach	15-20 min.
Turnip	30-60 min.

BREAD, CAKES, ETC.

Bread, white	45 to 60 min.
Bread, rye	60 min.
Gingerbread	30 to 60 min.
Rolls	10 to 20 min.
Whole wheat gems	25 to 30 min.
Fritters	3 to 5 min.
Cake, plain	25 to 40 min.
Cake, layer	15 to 25 min.
Cake, sponge	35 to 60 min.
Cookies	8 to 15 min.
Pudding, bread, rice, tapioca	20 to 60 min.
Pudding, Indian	3 to 4 hrs.
Pudding, plum	3 to 6 hrs.
Bread, graham	35 to 50 min.
Bread, nut	50 to 60 min.
Biscuits	10 to 20 min.
Muffins	10 to 20 min.
Popovers	15 to 35 min.
Pies	30 to 45 min.
Cake, thin	15 to 30 min.
Cake, loaf	40 to 60 min.
Cake, fruit	2 hrs.
Doughnuts	3 to 5 min.
Custards	15 to 20 min.

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PROPER METHODS OF COOKING

Roasting

All meat should be placed, if possible, at least one inch from the bottom of the roasting pan, on the special trivet or rack made for the purpose. First, rub the joint of meat well with salt and pepper, and dredge with flour enough to insure an evenly dry surface. Very lean meat is best roasted by having thin slices of fat meat, usually bacon or pork, laid over its surface at first, and allowed to remain until there are sufficient drippings therefrom for basting. The oven and pan, which should be very hot in the beginning, should be reduced to a slightly more moderate temperature after the first few minutes of roasting. Baste the meat frequently with equal quantities of the fat drippings and water.

For Roasting Time Table, see page 23.

When roast is done, remove it at once to a hot platter, drain off the fat-drippings, add sufficient water to dissolve the glaze adhering to the sides and bottom of the roasting pan, and use this for gravy, either "au jus", or thickened slightly with flour.

This method is a standard one for all roasts. The time of roasting varies, of course, according to the kind of meat.

Braising

Braising is a cooking method particularly well-adapted for meats that are tough or lacking in flavor. The first requisite for braising properly is a deep pan with a tight-fitting cover. The excellent covered pans, sold usually under the name of "roasters", are in reality braising pans, and they owe their efficiency to the fact that the two parts, cover and pan proper, fit together so perfectly that the steam from the meat is entirely retained, and thus the meat is cooked in its own juices. The most stubborn and tough pieces of meat will yield to the persuasion of a braising pan, and become deliciously tender, especially if a few drops of lemon juice or other potable acid be added to the gravy in the braising pan. The braising method of cooking also affords an opportunity to render coarse pieces of meat very savory and tasty by laying them upon a bed of vegetables or sweet herbs. Dry meats can be enriched in flavor by the process known as "daubing", which is described further on in this section.

Broiling

Broiling is cooking by direct exposure to the heat of a gas flame, electric element, or burning coals. By this method the surfaces of the meat are sealed, or seared, by exposing the meat to intense heat at first; thus preventing the escape of the juices while the meat is later being thoroughly cooked at a lower temperature.

Pan Broiling

In this method, a cast-iron, aluminum or steel frying pan is heated to an intense heat. The inner surfaces of the pan are then rubbed with bits of fat until all are well oiled. The meat is seasoned and placed in pan, and allowed to remain there just long enough to be thoroughly seared on the under side. The meat is then turned over, and the other side of it is similarly seared. The meat is turned from time to time, often enough to keep the juices from escaping, and is cooked at a lower temperature until done.

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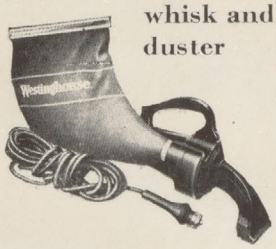
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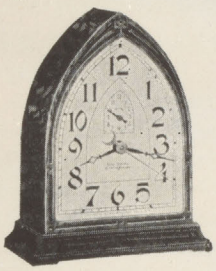
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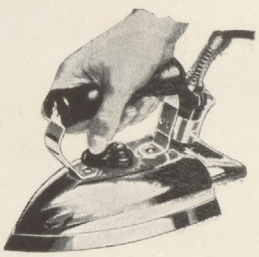
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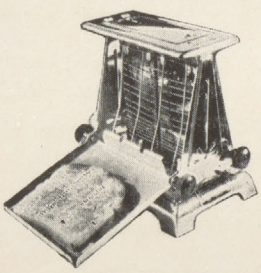
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Sauté-ing

To sauté meat is to cook it in a hot shallow pan with a litte fat, first browning one side and then the other.

Frying

To fry is to cook in hot fat, deep enough to cover whatever is being cooked. The testing of the fat is done as follows:

For meats, etc., already cooked, the fat should be hot enough to turn a one-inch cube of bread golden brown in forty seconds.

For meats, etc., not previously cooked, the fat should be hot enough to turn a one-inch cube of bread golden brown in one minute.

All foodstuffs not containing egg, should be first dipped in egg and crumbs before frying, in order to prevent them from absorbing the fat. The albumen in the egg is hardened by the heat and forms a protective coating over the foodstuff being fried. It is best to cook only a few pieces of the foodstuff at a time, re-heating the fat to the proper temperature after each drying. When fried to the desired state, drain always on brown paper.

An iron or granite kettle, wire egg beater, and brown paper for draining, are the requisites of successful frying. A worth-while but not necessary addition is a wire basket.

The fats usually utilized in frying are butter, lard, and the various preparations of a vegetable nature. To clear the fat, no matter which kind is used, cut a raw potato into one-fourth-inch slices and drop into the cooled fat. Heat the fat gradually, and when the potato slices have become nicely browned, strain the fat through cheesecloth that has been placed over a strainer. If carefully strained each time after using, the same fat can be used time after time without imparting any other than its own taste to the foodstuffs fried in it.

Boiling

In boiling, just as in roasting, the same object is sought for; that is, to subject the foodstuff to a high degree of heat at first; thus covering all surfaces with a layer of albumen that hardens and prevents the vital juices from escaping. After the first few minutes of boiling, the temperature should be reduced some degrees below boiling point, and maintained there until the gelatines and connective tissues are softened almost to the point of dissolving. When meat is being boiled, the most effective way is to allow it to cool partly while still in the liquor. If the slices are then served on extremely hot plates, they will be found to be juicy, tender and very well flavored.

Larding

Larding is usually done with salt pork fat or bacon. If pork is used, shave off the rind as thinly as possible, cut the fat into one-fourth-inch strips, and cut these through their thickness into strips of the same width. With a larding needle, draw these strips into the meat, leaving the stitches evenly distributed, and in alternate rows, until the whole upper surface of the meat is covered.

Daubing

When large lardoons are forced through meat from surface to opposite surface, the process is called "daubing".

—— Win dsor Mayonnaise is invariably the choice of most particular housewives. ——

The Art of Garnishing

It has been said that "what appeals to the eye generally appeals to the palate." There is so much of truth in this statement that no hostess can afford to neglect the principle expressed in it.

Serve with painstaking care and good taste. Your effort will be amply repaid by the pleasure with which your family and guests enjoy the meal. Dainty service adds immeasurably to the satisfaction received from even the simplest foods.

Never allow any food to be served at your table in an unsightly manner. Toast, burned on one side, may well serve to destroy the appetite; of a uniform golden brown on both sides, with the crusts cut neatly off, and cut into strips and served between the folds of a fresh doily, toast will tempt the appetite of the most fastidious.

Parsley is always used for the garnishing of meats. Meats should always be skewered into shapely appearance before being cooked, and served on platters in such a manner as to appear well.

Always trim all steaks and chops before cooking them. Then be sure that they are cooked evenly on all sides, with no evidence of burns showing. Decorate rib chops with chop frills.

Slices of lemon, hard-cooked eggs cut into strips, chopped pickles and parsley are used for the garnishing of fish.

Curled celery is an attractive looking garnish for salads. Cut inner stalks of celery into pieces three inches long. Split the pieces into thin strips, leaving them attached at one end. By dropping these into ice water, the strips curl up. Place around salad.

Pepper Rings form another very attractive garnish for salads. Cut top from red or green peppers, and remove seeds and divisions. Slice across into rings as wide as desired. Rings of moderate width may be used to hold stalks of asparagus, and ones of greater width may be used as cups for salad dressing.

To potato or fish salads, pickle fans supply a most pleasing touch. Cut gherkins into thin slices, leaving slices attached at one end. Spread slices out fanwise, and place gherkins around dish.

Fish salads may also be effectively garnished with cucumber. Peel a cucumber, make scratches lengthwise of it over whole surface, and slice very thin

Slices of hard boiled eggs, pimentos, capers and olives cut into various fancy shapes contribute added color to almost any salad.

Cold sweet dishes are usually garnished with jellies cut into perfect cubes; candied fruits and red cherries are also popular garnishings. You will often find nuts and raisins used with good effect. Ices and ice cream are garnished with meringues and spun sugar.

Cakes are garnished with plain and fancy icings, applied with an icing tube; also with nuts and candied fruits.

Whatever garnishing you use, try to avoid the appearance of over-crowding. Subordinate the garnishing to the thing garnished, and remember that simplicity has great powers of attraction.

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FIRST COURSE DISHES

Canapes

White, graham or brown bread — Butter

Slice bread very thin, and cut in desired shapes. Dip bread in melted butter, and toast or fry. Serve hot or cold.

Anchovy Canapes

Prepare bread as above, spread with anchovy paste, and sprinkle with few drops of lemon juice.

Cheese Canapes

White, graham or brown bread — Cheese
Mustard — Olives

Cut bread in quarter-inch slices, spread lightly with mustard, sprinkle with grated cheese and finely-chopped olives.

Crab Canapes

1 cup chopped crabmeat — ½ teaspoon salt
1 teaspoon lemon juice — 5 drops onion juice
2 drops tabasco — 2 tablespoons olive oil
½ cup chopped pimento — ⅛ lb. cheese

Cut bread in slices, one-quarter-inch thick, three inches long, and one and a half inches wide. Spread with butter, and brown in oven. Mix crab meat, lemon juice, tabasco, salt, onion juice, and olive oil. Mark bread diagonally in four sections, and spread alternate sections with melted cheese and crab mixture, marking meeting edges of sections with pimento.

Sardine Canapes

Sardines — 1 lemon
Hard-cooked eggs — Worcestershire sauce
Brown bread

Cut brown bread in circles, spread with butter, and put in oven to heat. Pound required quantity of sardines to a paste, and add an equal amount of finely-chopped eggs. Season with lemon juice to taste, also with Worcestershire sauce. Spread mixture on bread which has been removed from oven. Garnish each canape in the centre with a circle of hard-cooked white of egg capped with a teaspoonful of the hard-cooked yolk.

Shrimp Cocktail

1 pt. shrimps — 1 tablespoon tomato catsup
2 tablespoons Worcestershire sauce — 1 tablespoon horse-radish
2 tablespoons vinegar — 1 teaspoon salt
3 tablespoons lemon juice — Pinch of cayenne
10 drops tabasco

Place shrimps in shallow dish, after removing black portions. Mix Worcestershire sauce, vinegar and lemon juice, stirring well. Add tomato catsup and horse-radish. Sprinkle in salt. Season to taste with cayenne and tabasco, and pour over shrimps, allowing to stand for several hours. Serve ice-cold in small glasses, or set on beds of ice in halves of grape fruit, lemon shells, or tomato cups.

Oyster Cocktail

Follow above recipe exactly, but substitute one pint of oysters drained from their liquor.

Use PASTENE "Purity" Olive Oil — Best for Salad Dressings.

CHAFING DISH DELICACIES

Salted Almonds

1 cup blanched and dried almonds
1 tablespoon olive oil

Heat olive oil in chafing dish. Add almonds, and stir until they become evenly colored. Drain on brown paper, and sprinkle with salt.

Bacon and Mushrooms

8 mushrooms
8 slices of bacon

Wrap mushrooms in slices of bacon. Place in chafing dish, and cook until mushrooms are perfectly tender. Remove, sprinkle with salt and pepper, and serve.

Frizzled Beef

½ lb. dried beef
1 tablespoon flour
½ teaspoon Worcestershire sauce
½ cup soup stock
2 eggs
10 drops onion juice
1 tablespoon butter

Melt butter, add flour, and stir until smooth. Mix in dried beef, cook for five minutes and add soup stock. Season to taste with onion juice, sauce, salt and pepper. Mix in well-beaten eggs, cook for two minutes, and serve.

Cheese Omelet

1 cup cheese grated
4 eggs
1 tablespoon butter
4 tablespoons milk
½ teaspoon salt

Melt butter, beat eggs slightly and add butter. Add milk, cheese and salt. Cook over hot water. Serve with or without tomato sauce.

Welsh Rarebit

½ lb. cheese grated
¾ cup port wine
½ glass stale beer
4 crackers
1 cup cracker crumbs
1 teaspoon mustard

Season crackers with mustard, salt and pepper. Melt cheese in pan, add wine and beer, and pour over crackers.

Welsh Rarebit

2 cups cheese grated
1 teaspoon mustard
1 teaspoon paprika
½ cup cream or ale
1 teaspoon butter

Melt butter, add salt, mustard and paprika, and mix in cheese. Place in chafing dish. When cheese is melted add cream or ale. Stir vigorously until smooth, and pour over hot buttered crackers.

Cheese and Tomato Rarebit

2 cups cheese grated
1 tomato
1 teaspoon salt
½ cup milk
3 eggs
1 tablespoon butter

Melt butter, and add three slices of tomato. Stir in milk, salt, and cheese. Place in chafing dish, and stir continuously until cheese is melted. Beat eggs well, add to mixture, and when hot pour over hot buttered toast.

Try PASTENE "Purity" — Then you will like Olive Oil.



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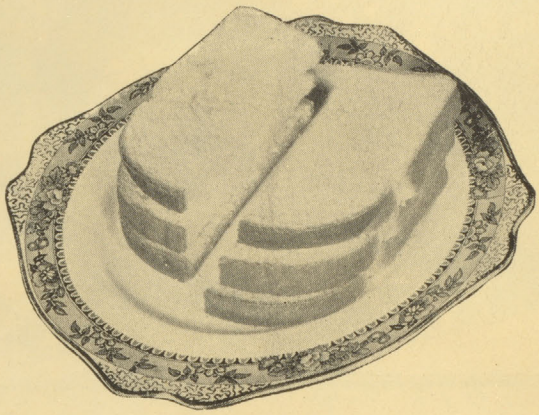
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Chicken à la Crême

1 cup minced chicken
2 tablespoons butter
4 tablespoons chopped peppers
½ tablespoon chopped onion
½ cup grated cheese
¼ cup cream
4 eggs

Melt butter. Add peppers, onion, chicken, cheese, and cream, place in chafing dish, stirring well. Beat eggs slightly, and add. Cook until well blended, and serve on buttered slices of toast.

Sautéd Oysters

4 doz. large oysters
1 qt. crumbs
1 tablespoon onion juice
6 eggs
1 tablespoon lemon juice

Season oysters to taste with salt, pepper, onion and lemon juices. Mix crumbs with eggs well beaten, and roll in oysters. Sauté in butter, and serve hot.

Cheese Rarebit with Tomatoes

2 cups cheese diced
¼ cup tomato pulp
¾ cup cream
1 tablespoon butter
¼ teaspoon salt
1 egg
1/3 teaspoon soda

Melt butter in chafing dish. Add tomato pulp, salt, and pinch of red pepper to taste. When boiling, add cheese and stir steadily until cheese melts and mixture is smooth. Beat egg in cream, and add, mixing as quickly as possible. If tomato and cream tend to separate, add soda dissolved in warm water. Rapid stirring should prevent any separating.

Creamed Eggs

6 hard-cooked eggs
1 cup cream
2 tablespoons flour
¼ teaspoon salt
2 tablespoons butter

Melt butter. Add flour, salt, few grains cayenne, and cream. Cook in chafing dish until thick, add eggs, cut in pieces, and serve hot on buttered slices of toast.

Creamed Lobster

2 lb. lobster
1 teaspoon Worcestershire sauce
¼ teaspoon salt
1 cup cream
1 teaspoon mustard
2 tablespoons butter
2 tablespoons flour
Pinch of nutmeg

Melt butter, and add salt, pinch of cayenne, and flour, stirring until smooth. Pour in cream, and add nutmeg to taste. Cook for ten minutes. Add lobster meat, and butter. Worcestershire sauce and mustard may be added at option. Serve hot on buttered toast.

Lobster à la Newburg

2 lb. lobster
3 eggs
1/3 cup sherry
1 cup cream
1 tablespoon flour
1/3 cup brandy
1 teaspoon salt

Melt butter, add flour, and stir until smooth. Add salt, pinch of cayenne to taste, and cream. Cook five minutes. Beat yolks of eggs, and add. Add lobster meat, and just before serving, stir in sherry and brandy.

Windsor Mayonnaise will make any good salad taste even be.ter.

SOUP ACCESSORIES

Cheese Crackers

8 crackers
⅛ lb. cheese

Spread crackers thinly with butter, sprinkle with salt and cayenne, and cover with cheese grated. Place on pan in oven, and cook until cheese is melted.

Croutons

Cut bread one-quarter-inch thick, and remove crusts. Cut slices into strips, and strips into cubes. Dip in melted butter, and brown in oven, or fry in deep fat.

Noodles

1 egg
1 cup flour
½ teaspoon salt
Pinch cayenne
Pinch nutmeg

Beat egg, add seasonings and sufficient flour to make stiff dough. Work on floured board until smooth and elastic. Cut small portion, roll wafer-thin, and cut in fancy shapes. Cook in boiling salted water or soup-stock twenty minutes, and serve hot in soup.

Dough may be spread on bottom of inverted dripping pans, and baked in hot oven. Crease before removing from pan.

Crisped Crackers

Split crackers, and spread thinly with butter. Put in pan, and keep in oven until slightly browned.

Cheese Sticks

Cut bread sticks into halves lengthwise, spread with butter, and sprinkle with grated cheese that has been seasoned to taste with cayenne and salt. Place in pan, and bake until slightly browned.

Ringed Sticks

Take stale bread, and cut into one-quarter-inch slices. Cut off crusts, and spread slices evenly with butter. Cut slices into one-quarter-inch strips and circles. Put in pan, and bake until slightly browned. Place three sticks in each ring.

Duchess Custard

1 egg
3 egg-yolks
Pinch nutmeg
Pinch cayenne
½ cup strained soup stock

Beat eggs a little, add strained soup-stock, and season to taste with nutmeg, cayenne and salt. Pour into small mould, well buttered. Bake until firm in pan of water, allow to cool, and remove from mould. When ready to serve, cut into small fancy shapes.

Mock Almonds

Take stale bread, and cut into slices one-eighth-inch thick. Cut slices with rounded cutter, one and one-half inches across, and shape into pieces like almonds. Brush with butter, and bake until slightly browned.

Egg Balls

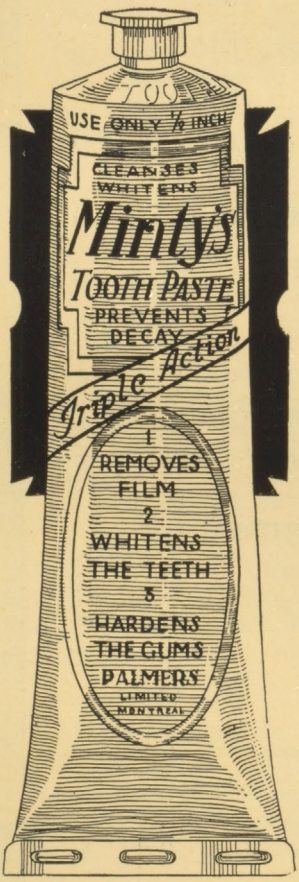
1 egg
1 teaspoon thick cream
¼ teaspoon fine-chopped parsley
Pinch cayenne

Boil egg hard, and rub yolk through a sieve. Add the white fine-chopped, and add parsley, cayenne and salt. If mixture does not handle well, add raw yolk of egg. Shape into small balls, and put to poach in boiling water or soup stock.

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SOUPS

Bouillon

5 lbs. lean beef from middle round
2 lbs marrow bone
3 qts. cold water
1 teaspoon peppercorns
Carrots, Turnips, Onions, Celery
½ cup each cut in dice

Wipe meat, and cut in inch cubes. Put two-thirds of meat in soup kettle, and soak in water for twenty minutes. Brown rest of meat in hot frying pan with marrow from marrow bone. Put browned meat and bone in soup kettle. Heat to boiling point, skim thoroughly, and cook at temperature just below boiling point for five hours. Add seasonings and vegetables, cook one hour, strain, and cool. Remove fat and clear. Serve in bouillon cups.

Purée of Celery

1 qt. milk
1 pt. boiling water
2 large stalks celery
2 tablespoons butter

Cut celery in small pieces, and cook in salted water for one-half hour, or until tender. Mash, and put through sieve. Heat milk in double boiler, add salt, pepper and butter thicken slightly. Add strained celery, boil one minute, and serve. This quantity serves six.

Cream of Corn Soup

6 ears corn
1 pt. milk
1 slice onion
1 sprig parsley
2 tablespoons butter
2 tablespoons flour
1 pt. water

Scour kernels, and scrape pulp. Simmer twenty minutes in kettle with cobs and water. Remove cobs, and rub pulp through sieve. Scald milk with onion and parsley. Remove seasonings, and add milk to pulp. Smooth butter and flour, and add to milk. Serve with whipped cream rose in each dish, and toast fingers.

Clam Bouillon

½ peck clams
3 cups cold water

Wash clams, and scrub with brush, changing water several times. Put clams with water in kettle, cover tightly, and steam until shells are well opened. Strain off liquor through double thickness of cheese cloth, and serve in bouillon cups with spoonful of whipped cream and sprig of parsley on top.

Dark Vegetable Soup

4 cups soup stock
½ cup stewed tomatoes
1 small carrot
2 tablespoons celery broth
1 small potato
1 small onion

Add vegetables to soup stock. Add celery broth. Boil until vegetables are soft, add pepper and salt to taste, and run through colander. Boil for one-half hour. Serve with crackers.

Vegetable Soup

2 lbs. beef
1 onion
½ can tomatoes
1 carrot
1 bunch celery
2 potatoes
4 qts. cold water
1 bunch parsley

Boil beef in water for one hour. Cut up vegetables, and add. Season with salt and pepper, boil for two hours, and strain through colander. Boil for one-half hour. Serve with crackers.

McCormick's Jersey Creams are best for all dishes calling for sodas.

Plain Oyster Stew

1 qt. oysters
1 qt. milk
½ teaspoon salt
⅛ teaspoon pepper
¼ cup butter

Wash oysters by placing in colander and pouring over them ¾ cup cold water. Reserve liquor, heat to boiling point, and strain through double thickness of cheese cloth. Carefully pick over oysters, and add to liquor. Cook until edges of oysters begin to curl. Remove oysters with skimmer, and put in tureen. Add butter, and salt and pepper to taste. Scald milk, and add to liquor. Pour over oysters, and serve.

Sour Cream Potato Soup

4 good-size potatoes
1 cup sour cream
3 pts. water

Peel potatoes, and cut into small pieces. Boil in water. When done, add cream. Add salt and pepper to taste, and serve.

Queen Victoria's Favorite Soup

1 cup cold baked chicken
1 pt. chicken broth
1 cup sweet cream
Yolks of 3 hard-boiled eggs

Chop chicken meat very fine, and add to hot chicken broth. Stir in cream. Mash yolks of eggs fine, and add. Add salt and pepper to taste.

Cream of Tomato Soup

1 cup strained tomatoes
2 tablespoons flour
2 cups milk
¼ teaspoon soda
1 tablespoon butter

Smooth butter and flour, and cook. Add tomatoes, and simmer five minutes. Add milk and baking soda. Salt and pepper to taste, and serve.

Tomato Soup

1 gal. ripe tomatoes
Cloves or Garlic
2 qts. rich soup stock

Skin tomatoes carefully. Add to soup stock in kettle. Simmer one hour, run through sieve, and return to pot. Season, add pepper and salt to taste, and let boil up. Serve.

Tomato Bisque

½ can tomatoes
1 qt. milk
1 tablespoon flour
1 tablespoon butter
1 teaspoon onion extract
2 tablespoons salt
1 teaspoon sugar
Paprika

Stew tomatoes, and run through sieve. Smooth butter and flour, and add to milk. Add salt, sugar, onion extract, and pinch of paprika to tomatoes. Add tomatoes to milk, and beat with egg beater until foamy. Serve.

Oyster Bisque

1 qt. oysters
3 cups milk
1 tablespoon flour
2 tablespoons butter
4 tablespoons powdered crackers

Drain oysters through colander for ten minutes. Add to liquor an equal quantity of water, and bring to boil. Chop oysters, add to liquor, and cook gently for fifteen minutes. Soak crackers in cup of hot water, and add to hot milk. Add pinch of salt. Smooth butter and flour, and stir into thickened milk. Cook one minute, and add strained liquor. Season with pepper and salt to taste, and serve.

McCormick's Jersey Cream Sodas make all soups taste better.

Catering for Two



See Custard Dessert Recipes on page 89

Catering for two will be much simplified, as far as the dessert is concerned at least, if you remember that

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FISH

The freshness of fish is best determined by the odor. If the flesh of fish is soft and flabby, the fish has been frozen or has been kept too long.

Fish Fillets are the flesh of vertebrate fish separated from the bone and cut into large or small pieces.

Fish Force Meat is the flesh of fish finely chopped and pressed through a fine sieve before being cooked.

Baked Haddock with Oyster Stuffing

Haddock
1 tablespoon parsley
2 cups oysters
1 teaspoon lemon juice
¼ cup butter
1 cup cracker crumbs

Drain oysters, and sprinkle with salt and pepper. Mix with cracker crumbs. Add melted butter and parsley chopped fine. Remove head, tail and back-bone from haddock, and season with salt, pepper, and lemon juice. Stuff with oyster dressing, and sew into shape. Place fish in baking pan, cover with cheese cloth, dot with butter, and season with salt and pepper. Bake twelve minutes for each pound fish weighs, basting with melted butter. Cover with buttered cracker crumbs. Remove from pan to heated platter, garnish with parsley and pickles, and serve with tomato, Hollandaise or egg sauce.

Baked Whitefish

Whitefish
1 cup cracker crumbs
¼ cup water
¼ teaspoon celery salt
⅛ teaspoon salt
⅛ teaspoon pepper
¼ cup butter
1 slice onion

Add cracker crumbs to water, and stir in celery salt. Melt butter and add. Season with salt and pepper, and add onion. Clean, wipe and dry fish. Rub inside and outside with salt. Stuff and sew into shape. Cut crosswise or diagonal slashes about two inches apart on both sides of fish, and place slice of bacon or salt pork in each slash. Skewer fish in shape of "S" or "O". Sprinkle with melted butter, season with salt and pepper, and dredge with flour. Place in baking pan without water, baste with hot water and melted butter as soon as fish has turned brown, and repeat basting every ten minutes. Bake fifteen minutes for each pound fish weighs. Remove to hot platter, draw out skewers, wipe off water and fat, remove bacon or pork, garnish with parsley or watercress, and serve.

Finnan Haddie Baked in Milk

Wash fish, and soak in lukewarm water for half an hour; put in baking pan, add one-half cup each of milk and water, and bake about twenty-five minutes, basting often. Remove to platter, spread with butter and strain liquid in pan over fish.

Fish au Gratin

3 pounds fish
½ cup cracker crumbs
½ teaspoon salt
Few grains cayenne
2 tablespoons butter
¼ teaspoon pepper
¼ teaspoon celery salt
2 tablespoons chopped parsley
2 cups white sauce No. 1

The fish should be freed from skin and bones and broken into little flakes. Melt the butter and combine with cracker crumbs. Butter a baking dish and place alternate layers of fish and cracker crumbs, moisten with sauce and sprinkle with seasonings, sprinkle buttered crumbs over the top and bake in a quick oven for ten or fifteen minutes.

McCormick's Biscuits — the choice of every particular hostess.

Baked Halibut with Tomato Sauce

Halibut
1 pt. canned tomatoes
1 slice onion
1 cup water
3 tablespoons butter
3 tablespoons flour
½ tablespoon sugar
Cloves

Add tomatoes to water, then add onion, three or four cloves, and sugar. Add flour to melted butter, and stir into tomatoes. Season with salt and pepper, boil for ten minutes, and strain. Place cleaned halibut in baking-pan, pour in half of sauce, and bake fifteen minutes for each pound. Baste often while baking. Remove to hot platter, pour remainder of sauce around fish, garnish with parsley or pickles and serve.

Salt Fish Baked with Crackers

1 cup flaked fish
4 butter crackers
1 tablespoon butter
Few grains pepper
Cold water
1 egg slightly beaten
2 cups milk

Split crackers, put with fish in baking dish, cover with cold water, and soak overnight or for several hours; drain, press out water, add other ingredients, and bake about twenty-five minutes in a moderate oven.

Creamed Codfish

1 ½ cups hot milk
3 tablespoons flour
1 cup salt codfish flaked
½ tablespoon butter
⅛ teaspoon pepper

Thicken milk with flour which has been mixed to a paste with cold water. Add pepper, and cook fifteen minutes. Soak codfish for two hours in lukewarm water. Separate into small flakes, add to sauce, and simmer five minutes; add butter just before serving. One beaten egg or one hard-cooked egg chopped may be added. Serve with baked potatoes.

Baked Brook Trout

Brook Trout
1 onion
½ pt. mushrooms
¼ cup butter

Clean, wipe and dry fish, rub with salt and pepper, and put in baking pan with ½ onion sliced, mushrooms and parsley. Melt butter, sprinkle on fish, and pour in enough water to cover bottom of pan. Add juice from other half onion, and bake until flesh parts easily from bone. Remove with mushrooms to hot platter, garnish with parsley, and serve.

Baked Mackerel

Mackerel
¼ cup butter
½ pt. milk

Split, clean and dry fish, removing head and tail. Place in baking pan which has been well-buttered. Season with salt and pepper. Melt butter and brush on fish. Heat milk and pour on. Bake thirty minutes in hot oven. Remove to hot platter, garnish, and serve.

Planked Whitefish

Whitefish
¼ cup butter
1 lemon

Split, clean and dry fish, removing head and tail. Put skin side down on heated plank, season with salt and pepper, and brush over with butter, which has been melted. Bake thirty minutes in hot oven, or under broiling flame of gas stove. Serve on plank, garnished with parsley and sliced lemon.

Planked Shad

Proceed as in above recipe for Planked Whitefish.

McCormick's Jersey Creams are best for all dishes calling for sodas.

Personal Recipes

Don't let your hands embarrass you ! SNAP makes them presentable in a second.

Personal Recipes

SNAP is preferred by all model housewives. It cleans quicker and with less effort.

Fried Fillet of Cod

Cod 1 cup white corn meal Salt Pork 1 lemon

Split, clean and dry fish, remove skin and backbone. Cut flesh in squares, season with salt and pepper, and roll in white corn meal. Try out several slices of salt pork, lay fish in the hot fat, cook until brown on both sides, drain on soft paper, and serve on hot platter with melted butter and slices of lemon.

Fried Fillet of Sole

Proceed as in above recipe for Fried Fillet of Cod.

Panned Oysters

1 pt. oysters 2 tablespoons butter ½ cup finely chopped parsley

Drain liquor from oysters, and clean. Melt butter in hot frying pan, and add oysters. Sprinkle with salt and pepper, and cook in hot oven until edges of oysters shrivel. Serve on hot buttered squares of toast with strained liquor from oysters, and garnish with finely chopped parsley.

Sautéd Oysters

1 tablespoon lard
1 pt. oysters
1 cup cracker crumbs
1 tablespoon butter
1 egg

Pick over, drain, and dry oysters. Mix egg and cracker crumbs, and dip in oysters. Melt butter and lard in hot frying pan. When fat is hissing hot, cover bottom of pan with oysters, and sauté until oysters are golden brown on both sides. Drain on brown paper, re-heat if necessary in oven, and serve on hot platter, garnished with parsley, slices of lemon and sauce tartare.

Lobster

To prepare lobster : First wipe lobster, and break or cut small and large claws from body. Separate tail from body by twisting and pulling at same time. Remove meat from body portion carefully, picking edible parts away from small bones. Reserve liver and coral if any, and discard stomach or "lady".

Break large claws, or cut with scissors, and remove meat whole. Crush tail shell, and remove meat in one piece. Cut entire length of tail meat, and remove intestinal canal. Reserve small claws for garnishing.

Creamed Lobster

4 tablespoons flour
1 pt. lobster meat
½ cup finely chopped parsley
2 cups sweet cream
4 tablespoons butter
Pinch cayenne
1 red pepper
1 teaspoon lemon juice

Melt butter, and stir in flour. Add cream and lemon juice. Heat to boiling point, stirring continually, and boil for five minutes, adding salt, pepper and cayenne to taste, and finely chopped parsley. Parboil red pepper, add to sauce together with lobster meat, and serve on rounds of buttered toast.

Crabs in Red Peppers

1 pt. crab meat
4 tablespoons flour
1 cup cream
4 tablespoons butter
8 red peppers
1 tablespoon onion salt
One pinch each of mustard, pepper, nutmeg and paprika

Make white sauce as in above recipe for Creamed Lobster. Add crab meat. Parboil red peppers, and fill with crab meat mixture. Cover with buttered and seasoned soft bread crumbs, and bake until crumbs are browned.

McCormick's Jersey Cream Sodas — the sodas with the better flavor.

MEAT

Roast Beef

Wipe roast, and rub with salt and pepper. Dredge well with flour. Place in heated pan, and leave to sear in hot oven for fifteen minutes. Reduce heat of oven, add enough water to cover bottom of pan, and if pan is not a self-baster, baste by hand every fifteen minutes. Let cook twelve to fifteen minutes for each pound roast weighs, if well done meat is desired. If meat is preferred rare, ten to twelve minutes for each pound roast weighs are enough.

For gravy, let water in pan cook away. Remove roast to hot platter, add one pint of water to sediment left in pan after fat has been poured off, place pan on stove and remove glaze from bottom and sides of pan. When it boils, add thickening made of two teaspoons of flour rubbed smooth with 4 tablespoons of water, pouring this in slowly. Boil well, season with salt and pepper to taste, and strain into hot sauce bowl.

French Roast

Roast of beef	4 tablespoons salad oil	1 onion
2 tablespoons chopped parsley	2 bay leaves	½ lemon

Wipe meat. Slice onion, and add to salad oil. Add parsley, bay leaves and juice from lemon. Rub meat thoroughly with this dressing, and allow to remain in it from eighteen to forty-eight hours. Turn meat once or twice in dressing. Roast in dressing as in above recipe for Roast Beef, season with salt and pepper, and serve "au jus".

Fillet of Beef, Larded

Fillet of beef	Salt pork	Mushrooms or tomato sauce

With sharp knife remove thick outer skin and all ligaments from fillet. Draw line through centre, and lard fillet with two rows of pork strips, making them meet at line. Dredge well with salt, pepper, and flour, and put in shallow pan minus water. Roast for thirty minutes in hot oven. Remove to hot platter, and serve with mushrooms on top, or tomato sauce poured around, or with potato balls.

Pot Roast

Wipe meat with clean, wet cloth. Sear all over by placing in hot frying pan together with trimmings of fat, and turning until all surfaces are browned. Put in kettle with one cup of water, cook just below boiling point, adding only enough water from time to time to keep meat from burning. Keep cover fitted tightly to retain steam. Cook until very tender, but take care to prevent roast from breaking. Add seasonings after first ½ hour of cooking. Serve either hot or cold.

Broiled Beefsteak

Wipe meat with cloth wrung out in hot water, and trim off all superfluous fat. Place meat on hot broiler well rubbed with fat, and cook over clear fire, turning every ten seconds for one minute to sear surfaces. Turning only occasionally, cook six minutes if meat is desired rare, eight minutes if desired well-done. Remove to hot platter, season with salt and pepper to taste, and serve with mushroom, tomato or "maitre d'hotel" butter sauce.

Parboiled Steak

Wipe meat, and trim as above. Heat iron frying pan smoking hot, and rub with fat. Lay meat in pan, sear each side quickly, then cook slowly for four minutes, turning often. Remove to hot platter, season with salt and pepper to taste, dissolve glaze in frying pan in three teaspoons of water, pour over steak, and serve.

McCormick's Jersey Creams are best for all dishes calling for sodas.

Beef Stew

2 lbs. lean beef
1 qt. cold water
6 small potatoes
Carrots, Turnips, ½ cup each cut in ½ inch cubes
3 tablespoons of flour
Small onion

Wipe meat with wet cloth, separate meat and fat. Try out some of fat in frying pan. Cut meat into one and one-half inch cubes, and sprinkle with salt and pepper, and dredge with flour. Sear meat cubes in the hot fat, stirring constantly. When all surfaces of cubes are browned, put into kettle with water, cover and allow to boil. Skim thoroughly, and let simmer for two and one-half hours. Add carrots, turnips, and onion cut in thin slices after half-hour of cooking. Parboil potatoes cut into one-half inch cubes, and add fifteen minutes before removing kettle from fire. Remove bone if any, all large pieces of fat, and skim. Thicken with flour diluted with enough water to flow easily. Let stew come to boil, and cook for ten minutes. Serve in hot dishes.

Boiled Tongue

3 lbs. fresh tongue
¼ cup butter
1 tablespoon cornstarch
Carrots, Turnips, Onion, ¼ cup each cut in dice
½ lemon
Sweet herbs

Wash tongue, cover with boiling water, and cook slowly for two hours. Remove, and blanch in cold water, removing skin and roots. Cook vegetables in butter five minutes, and remove to deep braising pan. Brown tongue in fat, and place on vegetables. Add sweet herbs, salt and pepper to taste, and cover tongue half-way with stock in which it was cooked. Cover, and bake two hours. After one and one-half hour of cooking add juice of lemon, and when meat is cooked tender remove to hot platter.

For gravy, add cornstach dissolved in cold water to stock in braising pan, which should be reduced to one pint. Boil five minutes, and pour around tongue on platter. One teaspoon of catsup may be added to gravy if desired.

Roast Veal

1 cup flour
Loin, leg or breast of veal
½ lb. salt pork

Skewer meat into shape, dredge with flour, and sprinkle with salt and pepper. Put into baking pan, cover with slice of salt pork, and bake in hot oven, allowing twenty minutes for each pound meat weighs. Baste every ten minutes with fat from pan. If there is not sufficient fat in pan, try out some salt pork, and use fat obtained in this way for basting. Remove pork from top of meat half-an-hour before meat is done. Gravy may be made from fat in pan, in same way as brown gravy in recipe for Roast Beef.

Veal Cutlets

Veal cutlets
1 qt. oil
2 eggs
1 cup cracker crumbs
1 cup flour
1 cup pork fat

Cover veal with oil, and let stand for one hour. Drain, cover with boiling water, and let simmer until tender, having only enough water in pan to keep cutlets from burning. Remove cutlets, cool, sprinkle with salt and pepper, dredge with flour, and dip in eggs beaten up and cracker crumbs. Sauté in pork fat, or fry in deep fat. Serve on hot platter with sauce.

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Veal Chops

Veal chops
½ lemon
½ onion
1 cup cracker crumbs
1 cup flour
2 eggs

Wipe chops, and make incision in each chop, putting in few drops of lemon juice, onion juice, salt and pepper. Dip in flour, in beaten eggs and cracker crumbs, and sauté in pork fat until tender. Serve on hot platter with tomato sauce.

Roast Mutton

Leg, loin, shoulder, or saddle of mutton
4 cups flour

First remove pink outer skin, wipe meat, dredge with flour, sprinkle with salt and pepper, and place in roasting pan. Dredge pan with flour, and if mutton flavor is desired, place pieces of mutton fat in pan. Salt pork may be substituted for mutton fat. Baste every ten minutes, allowing twelve minutes of roasting for every pound meat weighs if a rare roast is desired, fifteen minutes for each pound meat weighs if well-done roast is desired.

Roast Pork

Spare rib, loin or shoulder of pork
4 cups flour
1 lb. apples or apple jelly

Wipe meat, place on pan, and dredge meat and pan with flour. Sprinkle with salt and pepper, and bake in moderate oven, allowing twenty-five minutes for each pound meat weighs. Remove, and serve on hot platter with apple sauce, fried apples or apple jelly.

Roast Little Pig

2 lemons
1 lb. flour
1 cup butter
Pig, 3 weeks old
Parsley
6 apples

Clean, wipe and stuff pig. Skewer into shape, place on rack in roasting pan, rub with butter, dredge with flour, and sprinkle with salt and pepper. Place in moderate oven until well heated, then increase heat, and cook from three to four hours, until meat is well done. Turn frequently to cook and brown uniformly. Remove to hot platter covered with bed of parsley. Garnish with apple sauce in apple shells, parsley and sliced lemons.

Boiled Ham

2 cups cracker crumbs
1 lb. brown sugar
Ham
2 oz. sweet herbs
2 lemons
½ oz. cloves

Soak ham overnight in cold water, clean and wipe. Cover with cold water, bring to boiling point, and simmer until tender, allowing thirty minutes for each pound meat weighs. Allow to cool in water in which cooked. Take off skin, sprinkle well with brown sugar, and cover with cracker crumbs seasoned with salt and pepper. Bake twenty to thirty minutes. Decorate with cloves, garnish with parsley and sliced lemon, and serve hot or cold.

A more aromatic flavor is obtained if bouquet of sweet herbs, and one-half cup each of onions, carrots and turnips are boiled with ham. Many cooks like to baste the ham with cider, when baking it.

Sausages

Pierce each sausage several times with skewer, cover with boiling water, boil for twenty minutes, and then brown in frying pan. Or, instead of above, cook in hot frying pan in hot oven for fifteen to twenty minutes, drain on brown paper before serving, and serve around mound of mashed browned potatoes.



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Personal Recipes

Personal Recipes

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Roast Venison

Saddle of venison
1 cup of butter
4 cups flour
1 lb. jelly sauce

Lard saddle of venison in same manner as described in recipe for Fillet of Beef, sprinkle with salt and pepper, and dredge with flour. Place in pan, and baste with melted butter. Remove after baking for ten minutes for each pound meat weighs, and serve on hot platter with jelly sauce.

American Chop Suey

1 cup cooked spaghetti
⅛ teaspoon pepper
1 can tomato soup
1 onion
¼ lb. flanked beef
2 tablespoons bacon fat
½ teaspoon salt

Mince onion. Chop beef very fine, and mix with onion. Cook in fat until brown. Add soup, spaghetti and seasonings, and let simmer for ten minutes.

Beef and Bacon Cakes

1 lb. flank beef
¼ cup dried crumbs
Pinch cayenne
3 slices bacon
½ cup water
¼ teaspoon salt

Put beef and bacon through food chopper. Add crumbs, water, and seasonings. Mix thoroughly, form into small cakes, and sauté in bacon fat.

Creamed Dried Beef and Cheese

1 ½ tablespoons butter
2 tablespoons grated cheese
2 tablespoons flour
2 tablespoons ketchup
¼ lb. dried beef
1 cup milk

Cut beef into small pieces, and cover with boiling water. Let stand five minutes and then drain. Melt butter, add beef, and stir until hot. Add flour and milk, and stir until smooth. Add cheese and ketchup, and stir until cheese melts entirely. Serve hot with baked potatoes.

Brown Fricasse of Lamb

2 onions
2 carrots
1½ teaspoons salt
2 lbs. lamb forequarter
2 white turnips
2 qts. boiling water
5 tablespoons flour
¼ teaspoon kitchen bouquet

Cut lamb into chop-size pieces. Trim off nearly all fat. Put meat into boiling water, keep at boiling point, and skim. Add salt and whole vegetables, and simmer for two hours. Remove meat, season to taste with salt and pepper, dredge with flour, and sauté with two tablespoons of fat in a hot frying pan. Add flour to fat in pan until resulting mixture is fairly thick, and cook until brown, stirring well. Add two cups of stock, and stir until smooth. Color with kitchen bouquet, add pepper and salt to taste, and serve hot with vegetables, which have been cooked and sliced. Left-over stock will be useful for soups and sauces.

Devilled Kidneys

6 lambs' kidneys
1 cup water or stock
3 tablespoons drippin
3 tablespoons flour
1 tablespoon chopped onion
1 teaspoon mustard
¼ teaspoon salt
1 tablespoon sauce
Pinch cayenne

Scald, skin, and split kidneys. Cook with fat and onion for five minutes, and remove from pan. Add flour to fat in pan, and cook until brown, stirring well. Add water or stock, and stir until smooth. Add seasonings to taste, and add kidneys. Serve on toast or with mashed potato border.

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Casserole of Rabbit and Okra

1 rabbit
¼ teaspoon pepper
2 cups boiling water
3 slices bacon
3 tablespoons flour
1 ¼ teaspoons salt
1 onion
1 cup tomatoes
1 pt. okra sliced

Cut bacon into one-inch pieces, and cook in frying pan until brown. Remove bacon, and cut rabbit into appropriate-size pieces for serving. Soak pieces of rabbit in cold water one-half hour. Drain, dredge with flour, brown in bacon fat, and place with cooked bacon in casserole. Chop onion fine, and cook in bacon fat until brown. Add flour, boiling water, and season to taste with salt and pepper. Stir until smooth, and pour over rabbit. Add tomatoes and Okra, and sprinkle with salt. Cover, and bake in moderate oven one and one-half hours.

Hamburg Steak à la Tartare

1 lb. round steak
2 oz. beef suet
¼ cup chopped onion
¼ cup cracker crumbs

Put meat through meat chopper. Put suet through meat chopper. Add finely chopped onion, and season with salt and pepper to taste. Shape into balls, rolling in crumbs, and broil over clear fire, or pan-broil. Remove to hot platter, and serve with brown gravy, tomato sauce, or sauce, and garnish with parsley.

Lambs' Kidneys in Brown Sauce

6 lambs' kidneys
¼ teaspoon paprika
1 ½ cups boiling water
½ teaspoon salt
½ teaspoon onion juice
1 ½ tablespoons butter
1 teaspoon sauce
5 drops kitchen bouquet
6 slices toast

Split kidneys, and soak in cold water for one-half hour. Drain, cover with boiling water, and let simmer for five minutes. Skim kidneys from water, and cut into small dice-shaped pieces. Brown butter, and add to flour. Brown well. Pour in water in which kidneys were cooked, and stir well until smooth. Add kidneys and seasonings, and serve hot on toast.

Country Club Rabbit

¼ teaspoon paprika
4 eggs
½ teaspoon salt
1 ½ cups stock or milk
1 teaspoon grated onion
3 tablespoons bacon fat
4 cups crumbs
Young rabbit
4 cups flour
2 tablespoons tomato ketchup

Cut rabbit into appropriate-size pieces for serving, and sprinkle with salt and pepper. Dip in flour, then in eggs well beaten, and coat thickly with crumbs. Place in well-greased baking pan and bake in hot oven for one-half hour, basting often with bacon fat. Arrange rabbit on hot serving dish, and make a brown sauce in pan, using bacon fat, flour, grated onion, stock or milk, and season with salt, paprika and tomato ketchup to taste. Pour over rabbit, and serve.

Ham Mousse

1 ½ cups fine-chopped ham
1 cup hot milk
1 teaspoon mixed custard
2 egg whites
½ cup fresh crumbs
¼ teaspoon paprika
1 tablespoon gelatine

Mix ham with bread crumbs. Dissolve gelatine in hot milk, and add to crumbs and ham. Season with mustard and paprika. Beat whites of eggs very stiff, and fold lightly into mixture. Place in deep pan or mould, and place on ice until firm. Add salt if needed.

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POULTRY

For market, dry picking is the best way — that is, pulling out the feathers immediately after killing, while the poultry is still warm, but for home consumption, the scalding method is quicker and easier. After killing dip in scalding hot water and move about for a few minutes, then pick as quickly as possible. Ducks should be scalded a little longer and then wrapped in canvas or any close cloth, to steam about 5 to 10 minutes, after which the feathers can be easily pulled. The hairs should be singed off by holding and turning the poultry in the flames of a lighted twist of paper, or some burning alcohol. Wash thoroughly and dry, then lay on several folds of paper, and clean at once. The quicker poultry is cleaned, the better, but it is best not to cook it until 24 hours after killing.

After singeing, and before drawing, pull out all pin feathers, then cut off the head, and next cut through the skin around each leg, about 1 ½ inches below the first leg joint, being careful not to cut tendons. Place the leg with the cut over the edge of a table, press downward to snap the bone, then take the foot in the right hand, holding the bird firmly in the left hand, and pull off the foot, and with it the tendons. Make a lengthwise cut through the skin just below the breast bone, large enough to admit the hand, and remove the entrails entire, by first carfully loosening them all around, and then bringing the hand forward, grasping the entrails firmly, and with one pull drawing them out. The lungs and kidneys, on either side of the backbone, should next be removed and then the wind-pipe and crop, close to the skin of the breast, by inserting two fingers under the neck skin. Draw down the skin and cut the neck off, close up the opening after the crop is partly filled with a little dressing. The giblets (gizzard, heart and liver) should next be carefully separated from the entrails, being careful not to break the gall bag attached to the liver, the bile from which would impart an extremely bitter flavor to any parts it came in contact with. Then wash the bird thoroughly in and outside, rub with salt, and let hang in a cool place over night.

Roast Turkey

Having properly dressed and stuffed the turkey, rub entire surface with salt, spread breast, wings and legs with butter, rubbed until creamy and mixed with flour, and dredge bottom of pan with flour. Place in hot oven, and when flour on turkey begins to brown, reduce heat, baste with fat in pan, and add 2 cups boiling water. Continue basting every 15 minutes until turkey is cooked, which will require about 3 hours for a 10-lb. turkey. For basting, use ½ cup butter melted in ½ cup boiling water in which the giblets were cooked, and after this is used baste with fat in pan. During cooking, turn turkey frequently, that it may brown evenly. To prepare gravy : As soon as turkey is removed from pan pour off liquid, from which skim 6 tablespoons fat, return fat to pan, brown with 1 or 2 tablespoons flour, and pour on gradually the remaining liquor, to which the giblets, finely chopped have been added, and cook 5 minutes. Remove string and skewers from turkey, and garnish with parsley or celery tips before serving.

Scalloped Chicken

Dress and joint the chicken, sprinkle with pepper and salt, and place in a pan with butter size of an egg, and milk to cover. Bake until tender. If the milk boils away add more milk, or hot water. Thicken the milk gravy with a little flour just before serving.

Pickled Chicken

This is a nice way to prepare old and tough chicken. Clean and joint, and soak in cold salted water several hours, then put on with fresh water and salt, 2 or 3 sliced onions, 2 or 3 bay leaves, ½ dozen whole allspice, and when nearly done add enough vinegar to make it quite sour to taste. Let boil until done, then pour into a crock. There should be enough liquid to cover the fowl. Let stand over night. When cold the liquid will be jellied.

Fried Chicken

Dress a young chicken, cut off the legs, wings and neck, and then cut down the back bone, and press the body open, breaking the breast bone by pounding lightly. Boil the legs, wings, and giblets in water enough to cover, and when tender add salt and pepper to taste, and 1 tablespoon flour mixed with 1 tablespoon butter. This will answer as a dressing for the fried chicken. Dip the body of the chicken in corn meal and fry brown in hot drippings.

Chicken Pie

Use the remnants of cold roast or fricasséed fowl. If roast fowl is used, make stock by covering bones and left-over gravy with cold water and simmering an hour or more; to three cups of stock add one-half onion chopped, two potatoes cut in half-inch cubes, one teaspoon salt, and one-eighth teaspoon pepper, and boil fifteen minutes; thicken with one-half cup of flour mixed to a paste with cold water; put chicken in a baking dish, add stock and potato, and cover with small biscuit made by using Powder Biscuit or Shortcake recipes. Bake in a hot oven about twenty minutes or until biscuits are done. If the amount of chicken is scant add one or two hard-cooked eggs sliced.

Chicken Soup With Dumplings

Dress and cut up a chicken, and put on to boil in plenty of cold water, adding salt to taste. Let boil long and slowly, and about one hour before serving, add 1 pt. carrots, peeled and sliced fine, and ½ hour later 1 qt. potatoes, peeled and sliced also, an onion, if liked, and ¼ hour later dumplings made as follows Put ½ cup butter in a frying pan and when hot add ½ cup flour, and let cook about 10 minutes, stirring vigorously, but do not let it brown. Then add some of the chicken broth, a little at a time to convert the mass into a smooth ball which will free entirely from the pan. Remove from the fire, and when cool add 1 to 2 beaten eggs, and mix well. Drop into the boiling soup by spoonful and boil steadily about 15 or 20 minutes.

Hot Tamales

Boil a chicken until very tender. Removes bones and chop meat fine. To each lb. meat add 1 medium sized tomato and onion chopped fine, salt and red pepper to taste, and moisten to the consistency of mush with the chicken broth. Heat the remainder of the liquor to boiling, stir in corn-meal to make a little stiffer than ordinary mush, and cook thoroughly. Take nice, fresh corn husks and soak in warm water until soft. Then spread a half-inch layer of mush on each husk, and put a good spoonful of the meat mixture on that, and roll up so that the meat is covered by the mush and the whole is nicely wrapped in the husks. Turn in the ends and tie tightly with twine, and steam ½ hour. Serve in the husks. Nice tamales can be made in the same way with either fresh beef or fresh pork. The neck of beef is best, as it has the right proportion of fat and lean, and the shoulder of pork is good, adding a little more fat to it.

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Personal Recipes

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Roast Goose

Follow carefully the directions under the "Poultry" heading to get the goose ready for stuffing.

Use the following dressing :

Boil 8 potatoes, 2 onions chopped fine; mash them well; add 1 teaspoon sage, ½ teaspoon salt, ¼ teaspoon pepper; 1 piece butter the size of an egg. Mix thoroughly to the consistency of cream.

Put dressing in goose; sew up the opening; dust over with salt and pepper; place in the roasting pan; roast in a hot oven so it will brown quickly when half done. Prick the skin all over with a fork so the excess fat will ooze out. If the roaster is self-basting, no water is needed. If using an ordinary roaster, add a cup of hot water when pricking the skin. Taste the goose from time to time until it is tender.

Smothered Chicken

Dress and joint a young chicken, sprinkle with salt and pepper, roll in flour or corn meal, place the pieces closely in a bread pan, half cover with cold water or milk, and if the chicken is not very fat add lumps of butter or some thick slices of fat bacon. Bake until done. When one side is brown, turn to brown on the other side, and when nearly done put a 2-inch square of biscuit dough on top of each piece of chicken, return to the oven, and bake until a nice brown. When done, remove the chicken with crust to a hot platter, add 1 cup rich cream to the liquor in the pan, thicken with a little flour, let boil up, and serve with the chicken.

Pressed or Potted Chicken

Dress and joint a chicken, and boil in water enough to cover, until the meat slips from the bones. Drain off the liquor, remove the bones, and cut the meat in small pieces, but do not chop fine, and season with salt and pepper. Boil the broth down to 1 pt., put a layer of meat in a mold with some slices of hard-boiled eggs, then more chicken and eggs, seasoning to taste, then pour in the broth, and set away to get cold. Another way instead of boiling down the broth, is to thicken it with bread crumbs, or 1 tablespoon gelatine dissolved in a little hot water.

Chicken Fricassée

Dress and joint a chicken, and let it simmer slowly, closely covered in 1 qt. hot water, with 2 stalks celery, 1 bay leaf, 1 slice of onion, salt and pepper to taste, and a pinch of curry. When the chicken is tender, remove from the liquid and place on a hot platter. Stir into the liquid 1 beaten egg, ½ cup cream, or 1 tablespoon butter, and 1 tablespoonful flour, and let boil up, then pour over the chicken and serve hot. The platter may be garnished with a border of hot mashed potatoes, and edged with parsley.

Steamed Fowl

Dress a 5 or 6 lb. chicken, wash and dry thoroughly, and rub with salt and pepper, in and outside. Place an onion and a bay leaf inside, and put the fowl into shape the same as for roasting. Sprinkle a clean towel with flour, wrap it about the fowl, pinning closely, and then place it, back down, in a steamer, and steam continuously 2 or 3 hours, according to its age and size. Serve with currant or cranberry jelly.

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SALAD DRESSING

Lobster-Salad Dressing

1 egg
2 tablespoons butter
½ teaspoon salt
1 teaspoon mustard
2 tablespoons flour
1 cup vinegar
3 tablespoons sugar

Smooth butter in egg, add mustard, sugar, flour and salt. Beat well, and add vinegar. Cook until creamy, stirring constantly. Strain through sieve, and allow to cool.

Boiled Dressing

3 eggs
1 teaspoon mustard powder
2 teaspoons salt
2 tablespoons sugar
2 tablespoons butter
1 cup cream
½ cup vinegar
Pinch cayenne

Separate yolks from whites, and beat until light and thick. Mix dry ingredients. Melt butter and add to whites. Add to dry ingredients. Add cream and yolks, stirring well. Stir in vinegar slowly, and continue stirring to prevent curdling. Cook in double boiler until thick, and cool.

Fruit Salad Dressing

3 eggs
2/3 cup vinegar
1 tablespoon butter
1 teaspoon mustard powder
2 tablespoons sugar
1 pt. whipped cream

Beat yolks, and add vinegar. Smooth mustard, butter and sugar, and add to yolks and vinegar. Smooth mustard, butter and sugar, and add to yolks and vinegar. Beat whites. Cook mixture, and stir in whites. Allow to cool, and add cream.

Mustard Cream Dressing

1 egg
1 teaspoon mustard powder
1 teaspoon flour
½ cup water
¼ pt. whipped cream
1 teaspoon salt
4 teaspoons sugar
½ cup vinegar
2 tablespoons butter

Beat egg thoroughly. Mix dry ingredients, and add to vinegar and water. Add egg and butter, mixing well. Cook in double boiler, stirring constantly. Allow to cool, and add cream.

Boiled Mayonnaise

1 cup cream
2 tablespoons salad oil
2 eggs
1 tablespoon sugar
½ cup vinegar
1 teaspoon mustard powder
1 teaspoon salt
½ teaspoon pepper

Scald vinegar and cream separately. Beat yolks and stir into cream. Mix dry ingredients, and add to cream. Beat whites of eggs, and add to cream. Pour in boiling vinegar, and cook until consistency of custard, stirring constantly. Remove, and allow to cool.

Aunt Mary Salad Dressing

3 yolks of eggs
1 teaspoon brown sugar
½ cup vinegar
Pinch salt
1 teaspoon mustard powder
Pinch red pepper
½ cup whipped cream

Beat yolks to froth. Mix dry ingredients, and add to yolks. Add vinegar, pour into double boiler, and cook, stirring constantly until thickened. Remove, allow to cool, and add whipped cream.

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Fruit Salad Dressing

½ cup fruit juice
1 lemon
1 tablespoon cornstarch
1/3 cup sugar
2 whites of eggs

Squeeze lemon, strain, and add to fruit juice. Stir in whites of eggs and cornstarch. Heat gradually in double boiler until thickened. Remove, and allow to cool.

Mayonnaise Dressing

2 yolks of eggs
1 teaspoon cayenne
1 teaspoon salt
¼ teaspoon paprika
1 teaspoon mustard powder
1 tablespoon vinegar
1 tablespoon lemon juice
1 cup olive oil

Mix salt, cayene, mustard and paprika. Beat yolks well, and add seasonings, continuing to beat until thick. Add olive oil drop by drop for first four tablespoons, then more rapidly. Thin dressing as needed with vinegar and lemon juice. All ingredients should be of same temperature.

Hispano Fruit Salad

½ lb. almonds
1 can sliced pineapple
3 bananas
2 tablespoons sherry
½ cup maraschino cherries
1 cup powdered sugar
½ cup lemon juice
2 tablespoons maraschino liquor

Blanch almonds, and chop fine. Slice oranges and bananas, and cut pineapple into small dice. Arrange in layers, with sugar over each layer. Reserve almonds for top layer. Mix lemon juice, sherry and maraschino liquor, and pour over fruit. Chill, and serve.

Celery, Nut and Egg Salad

1 bunch celery
4 hard-boiled eggs
1 cup English walnuts
1 cup mayonnaise dressing

Cut celery into one-inch pieces, and slit each piece. Rub dry on towel, and place on ice. Cut eggs into quarter-inch pieces, and mix with nuts chopped fine. Add mixture to mayonnaise, stirring well, add salt to taste, and pour over celery. Serve immediately.

Bean Salad

1 lb. green or waxed beans
½ cup vinegar
½ teaspoon mustard
½ teaspoon salt
1 onion
2 eggs
2 tablespoons sugar
2 tablespoons butter

Boil beans in salted water until tender. Drain, and allow to cool. Slice onion, and add to beans. Beat eggs very stiff, and mix in salt, sugar, mustard and vinegar. Cook in double boiler, stirring constantly until thick and light. Stir in butter, and allow to cool. Pour over beans. If dressing is too thick, thin with cream.

Salad Cheese Balls

2 Neufchatel cheese
1 tablespoon chopped olives
1 tablespoon chopped pimentoes
2 tablespoons chopped walnuts
Lettuce
Dressing

Mould cheese with olives, pimentoes and walnuts into balls, putting one-half English walnut on each side of ball. Serve on lettuce with dressing.

Windsor Mayonnaise is invariably the choice of most particular housewives.

SALADS

Cherry Salad

1 pt. cherries
Lettuce
½ pt. filberts
Dressing

Remove pits carefully, and replace with filbert meat. Place on lettuce, and serve with mayonnaise or whipped cream dressing.

Pear Salad

6 pears
1 head lettuce
2 cups grapes
1 cup chopped nut meat

Remove cores from pears. Cut grapes into halves, and remove seeds. Mix grapes and nut meat, and stuff pears with mixture. Serve on lettuce with mayonnaise dressing.

Potato Salad

6 boiled potatoes
4 hard boiled eggs
1 egg
1 teaspoon salt
1 teaspoon sugar
2 onions or 1 bunch celery
1 cup vinegar
½ cup butter
1 teaspoon mustard powder
½ cup cream

Cut potatoes into small cubes. Slice eggs. Chop onions or celery fine. Beat egg well, melt butter and mix. Add vinegar, and stir in salt, mustard and sugar. Cook until smooth, stirring constantly, allow to cool and add cream. Pour over potatoes.

Salmon Salad

1 can red salmon
1 doz. pickles
2 tablespoons sugar
1 cup vinegar
1 small head cabbage
4 eggs
1 tablespoon butter
1 teaspoon mustard powder
1 tablespoon cream

Chop pickles and cabbage into fine pieces, and mix thoroughly with salmon. Beat 2 eggs, and add sugar, butter, vinegar, mustard and cream, stirring well. Boil like custard. Boil 2 eggs hard, and add in slices just before serving on lettuce.

Tomato Jelly Salad

1 can tomatoes
1 lemon
¼ teaspoon pepper
1 teaspoon gelatine
1 teaspoon sugar
¼ teaspoon salt
¼ teaspoon mustard powder
½ cup water

Dissolve gelatine in water. Squeeze lemon, strain, and add juice to juice from tomatoes. Stir in sugar, salt, pepper and mustard. Let come to boil and add gelatine. Strain, and pour into moulds. Let stand over night, and serve ice cold on lettuce with mayonnaise dressing. Garnish, if preferred, with bits of celery and cold boiled potatoes.

Vegetable Salad

1 can French peas
2 bunches celery
5 hard boiled eggs
½ pt. whipped cream
½ pt. mayonnaise dressing

Chop celery into small pieces. Cut eggs into small pieces. Mix well, add to celery, and stir in mayonnaise dressing and whipped cream.

Sandwiches are always better with a dash of Windsor Mayonnaise.

Personal Recipes

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Personal Recipes

SNAP removes cigarette stains from your hands and leaves them smooth and soft.

Fruit Salad

3 packages jelly
1 cup granulated sugar
¼ lb. grapes
2 qts. boiling water
¼ lb. candied cherries
¼ lb. chopped walnuts
1 pt. sliced pineapple
Lettuce

Pour boiling water over jelly powder covered with sugar. Place on ice until it begins to set. Then add fruits and nut meat cut into small pieces. Grapes should be cut lengthwise through center, and seeds removed. Serve on lettuce.

French Fruit Salad

2 oranges
2 bananas
12 English walnuts
1 head lettuce
Dressing

Wash lettuce, and put away to crisp. Peel oranges, and cut first into slices and then into small pieces. Peel bananas, and slice thinly crosswise. Crack nuts, and break meat into small pieces. Arrange lettuce on salad plates, and place layer of bananas, then a layer of oranges, then layer of nut meat on each lettuce cup. Pour on dressing, and serve ice cold.

Manard Salad

1 qt. beans
1 small onion
1 bunch celery
1 teaspoon flour
Pinch red pepper
4 hard-boiled eggs
3 egg yolks
1 tablespoon butter
2 tablespoons sugar
1 teaspoon mustard
1 cup vinegar
1 cup radishes

Cook beans in salted water until tender, and drain. Chop onion and celery into fine pieces. Add sugar to yolks of eggs, and stir until smooth. Add butter and stir until smooth. Add flour, mustard, salt to taste, pepper and vinegar. Cook in double boiler, stirring until smooth. If thinning is necessary, add cream, after dressing has cooled. Pour over beans, and garnish with hard-boiled eggs sliced and radishes.

Green Grape Salad

1 cup grapes
1 bunch celery
½ cup English walnut meat

Cut grapes in halves, and take out seeds. Cut celery and walnut meat into small pieces. Mix well, and pour over mixture preferred salad dressing. Serve on lettuce.

Lemon Jelly Salad

3 packages jelly
3 apples
¼ pound nut meat
2 bunches celery

Make lemon jelly in prescribed fashion, and when it has been poured into mould and starts to set, add apples, nut meat and celery chopped into dice. Serve with cream, mayonnaise or other dressing.

Lobster Salad

1 lobster, or
1 can lobster meat
1 head lettuce

Pick lobster into small pieces. Season with salt to taste, and pour on salad dressing. Put lobster away for one hour. Break lettuce into small pieces, and add half as much as there is lobster meat. Mix lettuce with salad dressing, place on bed of lettuce, and serve garnished with small lettuce leaves.

Use PASTENE "Purity" Olive Oil — Best for Salads. — Best for all Cooking.

MACARONI DISHES

How to Cook Macaroni Products

Except when used for soup, the macaroni or spaghetti, etc., must be cooked as follows :

Empty the contents of a package into one gallon of rapidly boiling water to which two teaspoonsful of salt has been added. Keep boiling and stir every few minutes until the macaroni is tender, then stop the boiling with a glass of cold water and withdraw from the fire. Drain off the water immediately and it is then ready to serve with your choice of dressings, which may be prepared in advance, or to use in combination dishes.

(Note). — The water in which macaroni has been cooked has a high food value and can be used to good advantage in the preparation of soups.

Soups

Have broth (chicken, beef or any other kind) boiling rapidly and put in the Vermicelli or Alphabets as taken from the package. Stir every few minutes until cooked as tender as wanted and remove from the fire. Add a teaspoonful of grated cheese to each dish of soup when served.

Spaghetti With Tomato Soup

¼ lb. grated cheese — 4 slices of bacon — Lump of butter
½ pkg. spaghetti — 1 small can tomato soup

Empty a small size can of condensed tomato soup into a saucepan and, without adding any water, let it come to a boil, add grated cheese, a lump of butter or a couple of slices of bacon fried crisp and chopped fine. Add cooked spaghetti, mix together and serve hot.

Spaghetti Special

1 pkg. spaghetti
2 tablespoons olive oil or ¼ lb. butter
Chopped celery
¾ lb. chopped beef
4 tablespoons grated cheese
2 cups water
Salt and pepper
Chopped carrot
Chopped onion
1 tablespoon tomato paste

Place beef in stewpan and fry with olive oil or butter, adding chopped onion, carrot, celery, salt and pepper. When forming a glaze, add tomato paste dissolved in water and allow all to boil slowly for about twenty minutes. Pour over the hot macaroni, sprinkle with grated cheese and serve while hot.

In the absence of tomato paste, fresh tomatoes serve the purpose, in which case about 1½ lbs. of tomatoes are required for each package of macaroni. These must be boiled separately and slowly for about twenty minutes, and put through a strainer. The sauce is then used the same as the tomato paste dissolved in water.

Spaghetti Salmon Loaf

Pepper — 1 pkg. spaghetti — 1 ½ lb. can salmon — ½ teaspoon salt

Drain salmon, remove skin and bones, separate into flakes, and season. Line a small butter bread pan with a layer of cooked spaghetti one inch thick . Fill centre with salmon, cover with spaghetti and place in a steamer. Put another bread pan on top to help loaf hold its shape. Steam 45 minutes. Cover with mock hollandaise sauce if you wish.

Use Sunshine Macaroni with these recipes — you will have best results.

There Are Hundreds of Uses for Catelli's Eggweat Noodles

(a macaroni product made of Eggs and Wheat)

For Eggweat Noodles can be prepared in many ways to tickle the palate—quick—easy to prepare—nourishing—nothing but pure Semolina and Egg yolks go into the making of this delicious, healthful food.

Tempting—delicious by itself or in a thousand main course combinations. Here is one of the latest recipes—try it!

Catelli's "Eggweat" Noodles as a Side Dish

Add the contents of a package of Catelli's "Eggweat" Noodles to three quarts of salted boiling water and boil in open pot until tender. When done, pour in sieve and shake thoroughly to allow all steam and water to escape. Add a lump of butter and shake again thoroughly a few times. Then empty into platter and cover with bread crumbs, browned in butter. This is fine eating with Steaks, Roasts, Ragouts, Fricasees or Stews.

"Eggweat" Noodles are on sale at all good grocery stores.



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Macaroni With Butter and Cheese

½ pkg. macaroni
4 tablespoons grated cheese
¼ lb. butter
Salt and pepper

After draining off the water, place small lumps of butter over and between the hot macaroni. Sprinkle with grated cheese, adding salt and pepper to taste and roll all together. Serve while hot.

Scalloped Macaroni or Spaghetti

½ pkg. macaroni or spaghetti
1 small tin tomatoes
2 tablespoons butter
2 cups milk
1 large onion
½ lb. grated cheese
1 tablespoon flour
Salt and pepper to taste

Make sauce of melted butter, flour and milk. Boil five minutes and add grated cheese, salt and pepper. Boil sliced onion with tomatoes for fifteen minutes. Put alternate layers of cooked macaroni or spaghetti and onion and tomato in baking dish, cover with sauce and sprinkle with buttered bread crumbs. Bake in moderate oven for 20 minutes.

Baked Macaroni With Tomato Sauce and Cheese

1 pkg. macaroni
½ cup grated cheese
1 ½ cups tomato sauce
Buttered bread crumbs

Mix cooked macaroni with tomato sauce (see following recipe), add the grated cheese. Turn into a buttered baking dish; cover with buttered bread crumbs, bake 20 minutes in a hot oven.

Tomato Sauce

1 pint tomatoes
3 tablespoons flour
Parsley
1 tbsp. butter
Minced onion
Pepper, salt and sugar

Stew tomatoes for 10 minutes, then rub through a sieve, put in a saucepan with a little minced onion, parsley, pepper, salt and sugar. Bring to a boil, stir in butter mixed with flour. Boil and serve.

Elbow Macaroni (Ready Cut) With Left Over Meat

1 pkg. elbow macaroni
½ cup gravy
1 cup grated cheese
1 tablespoon butter
1 cup left over meat
2 cups tomatoes
½ onion chopped
Salt and pepper to taste
1 tablespoon sugar

Grease baking dish, put in cooked elbows, and pour the following sauce over. Melt butter, add onion, cook until tender, add tomatoes, gravy, meat and seasonings. Boil for 5 minutes, add grated cheese and pour over elbows. Bake 20 minutes.

Spaghetti en Casserole

1 pkg. spaghetti
½ lb. cheese (grated well)
2 tablespoons butter
Milk
Pepper and salt

Place a layer of the cooked spaghetti in the bottom of a casserole and cover it with a layer of grated cheese. Keep alternating the layers of cheese and spaghetti until the dish is nearly full, then pour in some milk, but do not allow it to come near enough to cover the final layer of cheese on the top of the dish. Flavor with pepper and salt to taste, put in the oven and bake until the cheese is well browned.

Sunshine Macaroni Products are best for all Macaroni Dishes.

VEGETABLES

Boston Baked Beans

1 quart pea beans
¼ teaspoon soda
1 tablespoon salt
¼ cup molasses
1 teaspoon dry mustard
½ pound fat salt pork

Soak beans in cold water over night; drain, cover with cold water, heat to boiling point, and simmer until beans are very tender but not broken; place in an earthen bean pot, add seasonings and pork (which has been scalded, scraped, and scored in half-inch squares); fill pot with boiling water, cover, and bake slowly for eight hours Uncover for the last hour. Replenish water as needed.

Thick Purée of Black Beans

2 cups beans
½ teaspoon salt
1 quart boiling water
¼ teaspoon mustard
1 carrot
3 tablespoons bacon fat
1 onion
⅛ teaspoon pepper
½ bay leaf

Soak beans over night in cold water; drain, add seasonings, bacon fat, and water, and simmer two hours; remove onion, carrot, and bay leaf, and press through a sieve. Beat well, and serve with lamb or mutton.

Lima Bean Loaf

1 cup dried Lima beans
½ teaspoon paprika
1 onion
1 egg slightly beaten
1 carrot
1 cup dried sifted crumbs
½ cup boiling water
1 teaspoon salt
6 pimolas
¼ teaspoon mustard
2 tablespoons sausage fat or butter

Soak beans over night in cold water, and drain; cover with boiling water, add onion and carrot, and cook until beans are tender; drain, and put through the food chopper with carrot and onion; add crumbs, seasonnings, egg, and sausage fat melted in boiling water; add pimolas cut in small pieces, mix well, pack in a greased bread pan, and bake in a moderate oven half an hour. Serve with Tomato Sauce.

Baked Cabbage

Cut a small white cabbage in inch pieces, soak in cold water half an hour, and drain; parboil ten minutes, place in greased baking dish, cover with one cup of White Sauce, and one-half cup of Butter Crumbs; bake in a moderate oven half an hour.

Cabbage Cooked in Milk

Put a small white cabbage through the food chopper, using the coarse cutter; soak in cold water half an hour, drain, cover with equal parts of milk and water, and cook uncovered about twenty-five minutes, or until cabbage is tender. Season with salt and pepper.

Cucumbers Sautéd

Peel two cucumbers, cut in halves crosswise, slice in one-third-inch slices lengthwise, and soak in salted water for one hour; drain dry, dip in flour seasoned with salt and pepper, and sauté in hot fat until brown. Serve on toast.

Carrots Sautéd

Select very small carrots; wash, scrape and cook until tender in boiling salted water. Drain, dredge with flour, and sauté in fat until brown.

Creamed White Turnips

Cook two cups of half-inch cubes of white turnip in boiling salted water half an hour, or until tender; drain, and mix with one cup of White Sauce.

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Creamed Celery Root (Celeriac) with Cheese

Peel celery root, cut in half-inch cubes, and cook until tender in boiling salted water, to which a tablespoon of vinegar has been added. To three cups of root add one and one-half cups of White Sauce; put into a baking dish, sprinkle with a third of a cup of grated cheese, and place in a hot oven until cheese melts. Celery may be used in place of celery root.

Southern Corn Pudding

1 tablespoon bacon fat
1 egg well beaten
½ green pepper chopped
1 cup milk
1 slice onion chopped
½ teaspoon salt
1 can corn chopped
¼ teaspoon paprika
2 tablespoons dried bread crumbs
2 slices bacon chopped fine

Cook corn, bacon fat, and onion in the frying pan for ten minutes; egg, milk, and seasonings; pour into a greased baking dish, sprinkle with the chopped bacon, and bake in a slow oven until firm, or about twenty-five minutes.

Braised Celery

2 tablespoons bacon fat
1 quart celery cut in 2-inch lengths
2 cups stock
1 tablespoon grated onion
2 tablespoons flour

Cook celery, bacon fat, and onion in the frying pan for ten minutes; dredge with flour, put in baking dish, add stock (first rinsing frying pan with a little of it), cover, and bake in a moderate oven an hour and a half. Serve on toast. Add salt to stock if necessary.

Stuffed Green Peppers

6 green peppers
1 cup cooked rice
2 tablespoons bacon fat
½ cup tomatoes
1 teaspoon grated onion
½ teaspoon salt
¼ cup buttered crumbs

Cut off one inch of the tops of peppers, and chop the tops; remove seeds and veins peppers, scald with boiling water, and drain; cook chopped pepper with onion in the bacon fat for five minutes; add rice, tomatoes, and salt; fill peppers, cover with crumbs, place in a baking dish or in individual ramekins, and bake in a moderate oven half an hour.

Baked Egg Plant

1 small egg plant
1 teaspoon salt
1 onion finely chopped
¼ teaspoon paprika
1 cup soft stale bread crumbs
½ cup boiling water
2 tablespoons butter

Pare and slice egg plant, cut into half-inch cubes, soak in cold salted water half an hour, and drain; mix with onion, crumbs, and seasonings, and put into a greased baking dish; add boiling water, dot over with butter, and bake one hour in a moderate oven.

Fried Egg Plant

Cut a small egg plant in one-third-inch slices; pare; cut each slice in quarters; soak in cold water for half an hour; drain; season with pepper and salt, dip in crumbs, then in egg, and then in crumbs again; and fry in deep fat about three minutes. Or dip in flour and sauté in butter.

Egg Plant Julienne

Cut egg plant in two-inch slices, and pare; cut into quarter-inch vertical slices, and cut slices into quarter-inch strips; soak in cold salted water for half an hour; drain, dry, and fry in deep fat about three minutes.

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Onions in Potato Nests

1 quart small white onions
⅛ teaspoon pepper
1 tablespoon butter
6 potatoes
1 tablespoon chopped parsley
¼ cup hot milk
1/3 teaspoon salt

Peel onions and cook in boiling salted water about one hour, or until tender; drain, and add butter. Pare, boil, and mash potatoes, season with pepper and salt, add butter and hot milk, and beat until light; shape potato into small nests with a spoon, or force through a bag and a rose tube. Fill with onions and sprinkle with parsley.

Creamed Leeks

Cut off tops of two bunches of leeks, and soak in cold water ten minutes; drain, and cook in boiling salted water about twenty minutes, or until tender; drain and serve with White Sauce. The tops may be used for flavoring soups.

Green Peas (Canned)

Remove from can and rinse with cold water; put in saucepan, cover with cold water, bring to boiling point, and drain. Season with one-half teaspoon salt, one-fourth teaspoon pepper, 1 tablespoon butter, and two tablespoons of milk.

Peas and Lettuce

1 head lettuce
1 tablespoon butter
⅛ teaspoon pepper
1 teaspoon sugar
1 can peas
½ cup stock or water
1 tablespoon flour
1 sprig mint
¾ teaspoon salt

Wash lettuce, drain, and chop; add stock and salt, and simmer half an hour; add pepper and sugar, and thicken with butter and flour blended together; add peas drained from this liquor, and mint, and simmer ten minutes. Remove mint before serving.

Carrots Vinaigrette

4 cups carrots cut in half-inch cubes
½ cup vinegar
¾ cup brown sugar
1 tablespoon shortening

Cook carrots in boiling salted water until tender, and drain; heat vinegar, sugar, and shortening to the boiling point, add carrots, and cook slowly half an hour, stirring occasionally.

Boiled Potatoes

Wash potatoes, pare as thin as possible, remove the eyes, and soak in cold water from fifteen minutes to one hour, according to the age of the potato; cook in boiling salted water about half an hour, or until tender, allowing one tablespoon of salt to two quarts of boiling water. Drain, and dry on the back of the range or in the front of the oven with the door open. Serve very hot in an uncovered dish.

Baked Potatoes

Select medium-sized potatoes, scrub well, place in tin pan, and bake in a hot oven for about forty minutes.

Creamed Potatoes

2 cups raw potato balls or half-inch cubes
1 cup White Sauce
1 slice onion
1 teaspoon finely chopped parsley

Cook potatoes with the onion in boiling salted water until tender; drain, remove the onion, mix with sauce, and sprinkle with parsley. If potato balls are used, cover unused potato with water and save for soup.

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Scalloped Potatoes with Peppers and Cheese

2 cups hot milk
2 canned red peppers
½ teaspoon salt
½ teaspoon paprika
1 quart half-inch potato cubes
4 tablespoons flour
1 onion chopped
½ cup grated cheese
2 tablespoons bacon fat
½ cup buttered crumbs

Cook potatoes and onion in boiling salted water 20 minutes, and drain; melt bacon fat, add flour, blend well; add milk. Stir until smooth; add salt, paprika, peppers chopped, and cheese; mix with potatoes; turn into a greased baking dish, cover with butter crumbs. Bake fifteen minutes, or until brown.

French Fried Potatoes

Wash and pare medium-sized potatoes, cut in eighths lengthwise, and soak in cold water for half an hour; drain, dry, and fry in deep fat about seven minutes; drain on soft paper, and sprinkle with salt. Cook only one layer in the basket at a time.

Hashed Brown Potatoes

Melt in the frying pan four tablespoons sausage fat, beef drippings, or other fat; add two cups chopped boiled potatoes, season, and cook slowly twenty minutes, or until well browned; fold double, and garnish with parsley.

Lyonnaise Potatoes

½ teaspoon salt
2 slices onion finely chopped
4 boiled potatoes
⅛ teaspoon pepper
2 tablespoons sausage fat

Cut potatoes in half-inch cubes, and season with salt and pepper; put fat in frying pan, add onions, and cook slowly for ten minutes; add potatoes, stir well, and cook for ten minutes without browning.

Pan Roasted Potatoes (Franconia)

Prepare potatoes as for boiling, boil ten minutes, drain, and cook in roasting pan with meat about forty minutes; baste often with fat in pan.

Glazed Sweet Potatoes

Cut cooked sweet potatoes in one-third-inch slices lengthwise, put in a greased dripping pan, brush with melted butter or drippings, sprinkle thickly with brown sugar, and bake in a hot oven until glazed with melted sugar.

Stuffed Sweet Potatoes

3 baked sweet potatoes
⅛ teaspoon pepper
1 tablespoon butter
½ teaspoon salt
¼ cup milk
Powdered sugar

Cut baked potatoes in halves lengthwise; mash potatoes, add salt, pepper, butter, and milk, and beat well; fill potato shells lightly, sprinkle thickly with sugar, and bake in a hot oven until brown. Sliced marshmallows may be used instead of sugar.

Spinach

Pick over spinach, and wash well in several waters; put in kettle without water, cover, and cook about half an hour, or until tender; chop fine and season with salt, pepper, and butter. A thin slice of fat salt pork or a tablespoon of bacon fat may be cooked with spinach if preferred. In that case, omit butter. Or cook in ham or corned beef stock, drain, and season only with pepper. Garnish with thin slices of hard-cooked egg, or sprinkle with the yolk of egg pressed through a sieve.

Send the Publishers the names of your newly-married friends, or brides-to-be.

SAUCES FOR MEATS AND VEGETABLES

Hollandaise Sauce

¼ cup butter
Pinch cayenne
1 tablespoon flour
½ teaspoon salt
1 egg yolk
1 tablespoon lemon juice
½ cup hot water

Cream half of butter with flour, salt, and cayenne; add hot water, and cook over hot water for ten minutes, stirring constantly until thickened; add egg yolk slightly beaten, lemon juice, and remainder of butter; cook about two minutes, or until thick; beat well, and serve at once.

Egg Sauce

Add to Drawn Butter or White Sauce one hard-cooked egg coarsely chopped.

Mint Sauce

1 bunch mint
2 tablespoons sugar
¼ cup boiling water
¼ teaspoon salt
¼ cup vinegar
Few grains cayenne

Wash and dry mint, pick leaves, and chop very fine, add other ingredients, put on back of range, and keep warm for half an hour.

Mushroom Sauce

Wash six mushroom caps, cut in small pieces, and simmer with one teaspoon of butter for ten minutes. Add to recipe for Brown Sauce, or to recipe for White Sauce. If the mushrooms are fresh and tender the stems may be used also.

Mustard Pickle Sauce

To Drawn Butter add two tablespoons of mixed mustard pickles chopped.

Orange Mint Sauce

¼ cup vinegar
¼ teaspoon orange rind
¼ cup mint leaves chopped
¼ cup orange juice
1 tablespoon sugar

Let stand on back of range for half an hour and serve cold.

White Sauce

2 tablespoons shortening
1 cup milk
½ teaspoon pepper
2 tablespoons flour
¼ teaspoon salt

Melt shortening, add flour, and stir until well blended; add milk and seasonings, and beat with wire whisk until smooth.

For a thin sauce, use one and one-half tablespoons flour.

Soubise Sauce

Follow recipe for White Sauce, and add one-fourth cup of stock, and three onions which have been cooked until tender in boiling salted water and then drained and chopped.

Bread Stuffing

¼ cup beef drippings or bacon fat
½ teaspoon salt
1 teaspoon grated onion
2 teaspoons poultry seasoning
½ cup boiling water
¼ teaspoon pepper
2 cups soft stale bread crumbs

Melt fat in the frying pan, add onion and crumbs, and stir until crumbs begin to brown; add seasonings and boiling water; cool slightly before using.

Sandwiches are always better with a dash of Windsor Mayonnaise.

Personal Recipes

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Anchovy Sauce

Add to drawn butter one and one-half teaspoons of anchovy paste and one tablespoon of lemon juice.

Banana Sauce

2 bananas
Pinch cayenne
1 tablespoon butter
Pinch salt
1 teaspoon sugar
2 teaspoons Worcestershire sauce
Juice of ½ lemon
1 teaspoon horse-radish

Peel and scrape bananas, and force through coarse sieve; melt butter, add sugar, lemon juice, seasonings, and bananas; stir until hot, and serve with cold roast beef.

Bechamel Sauce

1 cut white stock
1 tablespoon shortening
1 slice onion
2½ tablespoons flour
½ teaspoon salt
1 sprig parsley
Pinch cayenne
1 teaspoon butter
1 slice carrot

Simmer stock, onion, carrot, and parsley fifteen minutes, and strain; melt shortening, add flour, and blend well; add stock and seasonings, and stir until smooth; add butter just before serving.

Black Butter

1/3 cup butter
¼ teaspoon Worcestershire sauce.
2 tablespoons vinegar
¼ teaspoon onion juice

Cook butter until brown, but do not burn; simmer vinegar, onion juice, and sauce five minutes, and add to butter. Serve with cauliflower, celery, fried eggs, or fish. A tablespoon of chopped capers or parsley may be added.

Brown Sauce

1 cup brown stock
2 cloves
1 slice carrot chopped
1 slice onion chopped
¼ teaspoon salt
⅛ teaspoon pepper
1 sprig parsley
1½ tablespoons butter
2½ tablespoons flour

Simmer stock, vegetables, and seasonings for fifteen minutes, and strain; brown the butter, add flour, and brown; add stock, and beat until smooth. Any stock may be colored with a few drops of kitchen boquet, and used; beef cubes or extract may be used with water instead of stock, but in that case less salt and pepper should be used.

Bread Sauce

1½ cups milk
Sprig of parsley
½ onion
¼ teaspoon paprika
2 cloves
½ teaspoon salt
Bit of bay leaf
1/3 cup soft bread crumbs

Scald milk and seasonings, except salt, in double boiler half an hour, strain, add salt and soft crumbs, and simmer ten minutes.

Horseradish Sauce

To recipe for Bread Sauce add 1/3 cup grated horse-radish and the juice of half a lemon.

Windsor Mayonnaise will make any good salad even better.

Celery Sauce

1 cup celery chopped
1 cup boiling water
⅛ teaspoon pepper
1 tablespoon butter
½ cup milk
¼ teaspoon salt
1 teaspoon grated onion
2 tablespoons flour

Simmer celery, onion, water, and salt for half an hour; add pepper and milk, and thicken with butter and flour creamed together.

Cheese Sauce

1 tablespoon butter
1/3 cup cheese cut fine
1½ tablespoons flour
1 cup milk
½ teaspoon mustard
¼ teaspoon paprika
½ teaspoon salt

Melt butter, add flour, and blend well; add milk and stir until smooth; add cheese and seasonings, and stir until cheese is melted.

Cheese Sauce With Chives

Follow directions for Cheese Sauce, and just before serving add one tablespoon of finely chopped chives. Serve with any white fish or with plain omelet.

Croquette Sauce

3 tablespoons shortening
1 cup milk
¼ teaspon salt
⅛ teaspoon pepper
1/3 cup bread flour

Proceed as for White Sauce. Stock may be used in place of milk, and the seasonings may be varied according to the croquette material, using a few drops of onion juice, a dash of nutmeg, cayenne, paprika, or a small quantity of table sauce or ketchup.

Creole Sauce

½ can tomatoes
1 green pepper
2 tablespoons bacon fat
½ onion
¼ teaspoon salt
1 teaspoon Worcestershire sauce
1 tablespoon flour

Cook tomatoes until reduced to one cup; peel and finely chop onion; remove seeds and veins from pepper, chop and cook with onion in bacon fat for ten minutes; add flour, salt, and Worcestershire sauce, and stir well; add tomato, and simmer five minutes.

Cucumber Sauce

Pare and grate two small cucumbers, and drain. Season with salt, pepper, and vinegar. Serve with fish.

Cider Sauce

2 tablespoons bacon fat
¼ teaspoon paprika
2 tablespoons flour
⅛ teaspoon salt
1 cup cider
⅛ teaspoon mustard

Blend bacon fat and flour. Add cider, and stir until boiling point is reached. Add seasonings and simmer one-half hour. Serve with doast pork or ham.

Drawn Butter

2 tablespoons butter
⅛ teaspoon pepper
¼ teaspoon salt
1 cup hot water
2 tablespoons flour
1 teaspoon butter

Cook butter until it bubbles, stir in flour, add hot water, salt and pepper, and beat until smooth; add butter in small pieces just before serving.

Caper Sauce—To recipe for Drawn Butter add one-fourth cup of capers.

Use PASTENE "Purity" Olive Oil — Best for Salads.

EGGS

Boiled Eggs

Place eggs in cold water. When water reaches boiling point, eggs will be soft-boiled.

An alternative method is : bring water to boiling point, place eggs in water, and boil two minutes for soft-boiled, or three minutes for medium-boiled.

To hard-boil eggs, cover eggs with boiling water, and cook below boiling point for four minutes. Remove eggs from pan, cover with cold water, and wipe dry before serving.

Baked Eggs

Butter dish well. Break each egg into cup. Drop carefully into dish, season to taste with salt and pepper, and bake in moderate oven for five minutes, if soft-cooked eggs are wanted; or for ten minutes, if hard-cooked eggs are wanted. Eggs will be more delicately cooked, if dish is placed in pan of hot water in oven, and water kept just below boiling point during baking.

Poached Eggs

Break eggs in cups. Butter muffin rings, and place in shallow pan, and cover with boiling water. For each pint of water, put in two teaspoons salt. Drop eggs carefully into rings, and cook from five to eight minutes, keeping water just below boiling point. Remove eggs on buttered skimmer or pancake turner, and place on buttered toast.

Scrambled Eggs

1 teaspoon chopped parsley
4 tablespoons milk or cream
⅛ teaspoon pepper
2 tablespoons butter
¼ teaspoon salt
4 eggs

Beat eggs slightly; just enough to mix whites and yokes. Add seasonings, parsley and milk. Melt butter in frying pan, add egg mixture, and cook slowly, lifting with spoon to keep cooking uniform.

Stuffed Eggs

6 eggs
3 tablespoons cream
3 tablespoons forcemeat
1 tablespoon chopped mushrooms

Boil eggs until hard, and cut in halves. Remove yolks carefully, and mash very fine together with cream or equal amount of olive oil. Add forcemeat, mixing well with yolks and mushroooms or stuffed olives, chopped fine. Season to taste, and mix well. Fill whites of eggs with mixture, taking care not to break edges. Smooth tops of eggs, brush over with white of raw egg, and replace halves together. Cover with bread crumbs, mushroom or tomato sauce, and serve.

Omelet

2 eggs 2 tablespoons hot water or hot milk ⅛ teaspoon salt 1 tablespoon butter

Beat eggs well, and add salt and milk. Melt butter in frying pan. Add egg mixture, and shake pan vigorously until eggs turn brown on bottom side. Remove to part of stove less hot, and leave there until golden brown. If eggs are moist on top, place in oven to dry. Separate omelet from sides of pan with knife, and beginning at side nearest handle, roll omelet into shape of a jelly roll. Turn on to hot platter, and serve at once.

Bacon Omelet. — Add finely chopped cooked bacon to omelet before folding.

Cheese Omelet. — Add grated cheese to omelet before folding.

Mushroom Omelet. — Add cooked mushrooms to omelet before folding.

McCormick's Jersey Cream Sodas make all soups taste better.

Poached Eggs à la Française

Stir 1 tablespoon vinegar and ½ tablespoon salt into 3 pints of vigorously boiling water. Create whirlpool in stirring, and drop egg in centre. Remove pan to back of stove, and allow to cook until white is set. Remove egg from water with skimmer, and trim edges. Repeat process until desired number of eggs is poached.

Shirred Eggs and Sausage

5 sausages
1 teaspoon melted butter
1 teaspoon chopped parsley
6 eggs
1 cup tomato catsup

Cut sausages into half-inch pieces. Melt butter, add sausages, and fry for five minutes. Add parsley to tomato catsup, pour over sausages, and put mixture into shirred egg dishes. Crack eggs into dishes, and allow to bake until eggs are firm.

Cutlets of Eggs

5 hard boiled eggs
1 tablespoon butter
2 tablespoons flour
½ teaspoon salt
½ cup milk
¼ teaspoon paprika
¼ teaspoon chopped onion
1 tablespoon chopped parsley
Pinch grated nutmeg

Cream butter, and add flour, mixing until smooth. Stir in milk, and allow mixture to come to boiling point. Cook in double boiler for five minutes, stirring constantly. Cut eggs into medium-sized pieces, and add to sauce in double boiler. Add seasonings, allow to cool, and shape into cutlet form. Dip cutlets in flour and crumbs, fry in deep fat, and drain on brown paper. Serve with favorite sauce.

Lobster Omelet

2 eggs
1 small onion
1 teaspoon butter
1/3 cup lobster meat
1 stalk celery
2 tablespoons chicken stock
⅛ teaspoon sugar
1 teaspoon sauce

This recipe is for two individual omelets. Peel onion, and cut into thin slices. Melt butter, drop onion in, and cook for five minutes. Wash, scrape, and cut celery into thin slices crosswise, and add to butter and onion. Stir in chicken stock and sugar. Cut lobster meat into small cubes, mix with sauce, and add to mixture in frying pan. Butter two individual omelet pans, and put half of mixture into each. Beat eggs slightly, and add to each omelet pan, spreading evenly on top of mixture. Cook until eggs are set. Turn, and fold as with other omelets.

Creamed Eggs and Sardines

2 eggs
1 cup cream
4 tablespoons butter
¼ cup dry bread crumbs
1 cup sardines
½ teaspoon salt
¼ teaspoon paprika
⅛ teaspoon pepper

Melt butter, and add bread crumbs and cream. Bring to boiling point. Chop eggs into fine pieces, free sardines from skins and bones, and add to mixture. Add seasonings to taste, bring to boiling point, and serve immediately.

Creamed Salt Fish Omelet

Mix creamed cooked salt fish with finely chopped peppers, and add to omelet before folding.

Kidney Omelet

Highly season stewed kidneys, and add to omelet before folding.

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Personal Recipes

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ENTREES

Chicken Forcemeat

1 cup cooked chicken
¼ teaspoon lemon juice
1 teaspoon chopped parsley
½ cup soft bread crumbs
½ cup hot milk
¼ teaspoon onion juice
2 eggs

Chop chicken meat and pass it through sieve. Soak bread crumbs in hot milk. Beat eggs slightly and stir into milk and bread crumbs. Add chicken meat, and season to taste with lemon and onion juices, salt and pepper. Use as filling in fontage cups, or shape into balls and poach in hot water; or roll into balls, dip in flour and sauté.

Chicken Soufflé

1½ cups chicken meat
½ cup mushrooms
2 tablespoons butter
4 tablespoons flour
½ cup bread crumbs
3 eggs
½ cup chicken stock
½ cup cream
1 teaspoon chopped parsley
½ cup sherry

Melt butter, and stir in flour until smooth. Add chicken stock, cream and mushrooms. Stir in bread crumbs, and season to taste with salt and cayenne. Cook for ten minutes. Add egg yolks, and beat whites until stiff. Fold in whites, and add sherry. Bake in buttered dish forty minutes. Serve immediately with or without mushroom sauce.

Creamed Oysters and Celery in Fontage Cups

1 pints oysters
2 tablespoons butter
1 tablespoon lemon juice
2 tablespoons wine
2 tablespoons flour
2 eggs
½ cup cream
1 cup chopped celery

Drain oysters. Melt butter, add oysters, and cook one minute. Remove oysters, add remaining ingredients except wine, and return to fire, cooking until thickened. Re-add oysters, stir in wine, and serve in fontage cups.

Creamed Lobsters in Fontage Cups

2 cups lobster meat
2 tablespoons butter
1 tablespoon grated onion
¼ cup cream
2 tablespoons flour
½ cup chicken stock
1 tablespoon lemon juice
1 egg yolk

Melt butter, and add grated onion. Stir in flour until smooth, add chicken stock and lemon juice, and cook for five minutes. Season to taste with salt and pepper. Add yolk of egg to cream, beat well, and add to mixture. Add lobster meat, cook until hot, and serve in fontage cups.

Veal Croquettes

2 cups minced veal
1 tablespoon salt
¼ teaspoon pepper
¾ cup milk, or veal stock
1 cup bread crumbs
1 tablespoon lemon juice
3 tablespoons butter
3 tablespoons flour
3 eggs
2 tablespoons minced onion

Season veal to taste with salt, pepper and lemon juice, and melt butter, adding minced onion. Stir in flour until smooth. Add milk or veal stock, and boil for five minutes. Beat 2 eggs well, and add to mixture, stirring constantly. When thick, stir in veal, and set aside to cool. When cool, shape into croquettes, and dip in crumbs. Mix remaining eggs with crumbs and re-dip croquettes in this. Fry until brown in deep fat, and serve with or without white sauce.

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Chicken Croquettes

2 cups chicken meat
1 tablespoon lemon juice
1 tablespoon onion juice
1 cup white sauce
1 egg
1 cup bread crumbs

Cut chicken meat into fine pieces, and add seasonings to taste. Mix well with white sauce, and shape into croquettes. Mix part of crumbs with egg. Dip croquettes first into dry crumbs, then into egg-and-crumb mixture, and fry in deep fat. A variety of croquettes may be made by adding ¼ cup chopped mush-rooms, chopped ham, chopped sweetbreads, or chopped truffles.

Green Pea Timbales

1 pt. canned peas
4 tablespoons flour
3 egg whites
10 drops onion juice
1 cup milk, or soup stock

Drain peas, and press through sieve. Stir in flour, and add milk or soup stock. Season to taste with onion juice, salt, pepper and cayenne. Beat egg whites until stiff, and add to mixture. Press mixture into butter timbale molds, set in pan of hot water, and bake in a slow oven until firm. Take from molds, and serve on hot platter with desired sauce.

Scalloped Mushrooms

1 lb. fresh mushrooms
2 cups bread cubes
1 cup butter
2 cups white sauce

Wash, scrub and peel mushrooms. Melt butter in frying pan, and add mushrooms, sauté-ing until tender. Arrange mushrooms in buttered baking dish, covering each layer with white sauce. Dip bread cubes in melted butter, place on top of mushrooms, and brown in hot oven.

Stuffed Peppers

8 red or green peppers
1 cup bread crumbs

Cut tops from peppers, remove seeds, and cover peppers with boiling water. Leave standing for five minutes, and fill with favorite stuffing. Cover peppers with buttered bread crumbs, arrange in baking dish, and bake for one-half hour.

Tomato Croquettes

2 cups tomato pulp
2 slices onion
4 cloves
3 tablespoons butter
1 cup bread crumbs
2 peppercorns
½ teaspoon salt
¼ teaspoon paprika
¼ cup cornstarch
2 eggs

Add cloves, onion, peppercorns, salt and paprika to tomato pulp. Cook ten minutes and press through sieve. Melt butter. Add butter to cornstarch, add tomato mixture, and boil for ten minutes. Stir in one egg, and pour into buttered pan. Allow to cool, cut into squares, and dip in bread crumbs. Mix other eggs with remaining bread crumbs, dip in squares, and fry them in deep fat. Drain on brown paper, and serve.

Oyster Croquettes

1 cup raw oysters
1 cup cooked veal
2 tablespoons butter
1 egg
3 tablespoons cracker crumbs
2 egg yolks
1 tablespoon onion juice
¼ cup cracker crumbs

Drain and clean oysters, reserving liquor. Scald liquor, and strain. Chop oysters fine. Soak cracker crumbs in liquor, and then mix in oysters, veal and onion juice. Melt butter, and add. Shape into croquettes, dip into cracker crumbs ; mix with egg, and roll croquettes in this mixture. Fry in deep fat, drain on brown paper, and serve.

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Personal Recipes

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HOW TO BAKE BREAD

White bread is made from a mixture of flour, liquid and yeast. The most nutritious bread is made from patent flours. The liquid used may be pure water, scalded milk, or a combination of the two. The yeast is a fungus that, in the process of feeding and growing, produces a gas which we depend upon for raising the dough. The conditions for growth are moisture, even temperature, food and air. The temperature best suited for yeast growth is 86 degrees Fahrenheit. Sugar is added to dough to give yeast an easy method of obtaining its food. The yeast attacks the sugar first, then the starch and lastly the nitrogenous matter; therefore avoid processes of bread-making requiring long hours and many risings. Two risings are quite enough if the ingredients are carefully blended. The purpose of the first kneading is to thoroughly distribute the yeast; the purpose of the second kneading is to break up the bubbles and to distribute the gas evenly throughout the dough. If the dough is too light the bread will be full of large holes.

To Knead

Push the dough with palm, curving the fingers to keep the ball from flattening too much. With every push turn the dough one-quarter way round and fold over. Do not make it too stiff. A soft dough makes a tender bread, and one that will keep better than a stiff one. Knead for about twenty minutes or until the dough has a silky smoothness, is full of blisters and does not stick to the hands or bowl.

To Bake Bread

The best pan for baking bread is made from Russian iron. It should be four inches deep, four and one-half inches wide, and ten inches long. A new baking pan should always be baked blue in the oven before it is used. Bread should be baked in a hot oven. Use one and one-half pounds of dough to a loaf. The loaf should continue browning for the next twenty minutes. Reduce the heat and finish baking in fifteen minutes. Bread is done when it leaves the sides of the pan. When done, remove from pans, lay on a rack, brush over with melted butter if you wish a soft crust. Biscuits require more heat than bread. The time required for baking is from fifteen to twenty minutes. The rolls should continue rising the first five minutes, and brown in the next eight minutes. A shallow pan of boiling water placed in the oven under the loaves causes loaves to rise better and produces a more tender crust.

Nut Bread

1 cup sugar
1¼ cups milk
4 teaspoonfuls baking powder
1 egg
4 cups flour
1½ cups nuts

First mix sugar and egg in a bowl. Measure and sieve your flour. Add baking powder to flour. Then alternate in adding the milk and flour to the sugar and egg. After these are mixed, add the nuts. Either English walnuts or the plain American walnuts can be used. The nuts can be ground by putting them through a meat chopper or by rolling them on the bread board by using a roller pin.

After all your ingredients are well mixed, put them in two pans, that have first been greased with lard. Bread pans are preferable. Let the bread rise for 20 minutes. Put in a moderate oven to bake for forty minutes.

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Coffee Bread

2 cups flour
2 teaspoons baking powder
1 egg
½ cup sugar
1 cup milk
½ teaspoon salt

Beat egg well, and add to milk. Stir in sugar. Mix flour and baking powder and add. Add salt, stir well, and bake in flat tins.

Corn Bread

½ cup flour
1 cup corn meal
1 teaspoon salt
2 tablespoons sugar
2 tablespoons butter
1 cup sour milk
1 teaspoon soda

Add sugar to butter and smooth. Pour in milk. Mix flour and corn meal, and add to mixture. Dissolve soda in boiling water, and add. Add salt, stirring well. Bake for three-quarters of an hour.

Boston Brown Bread

2 cups flour
3 cups sour milk
1 cup molasses
2 cups rye meal
¼ tablespoon salt
½ cup raisins
1 teaspoon soda

Add molasses to sour milk. Dissolve soda in boiling water, and add to mixture. Stir in flour and rye meal, and add salt. Place dough in deep baking pan, which has been well greased. Cover with raisins. Place in steamer, and steam for three hours. Serve hot.

Currant Bread

1½ lbs. sugar
1 lb. brown sugar
1½ lbs currants
1 teaspoon soda
½ lb. citron
1 tablespoon lard
1 tablespoon butter
1 pt. sour milk

Add soda to sour milk. Stir in lard and butter, and smooth. Add sugar, stirring well. Mix currants and minced citron, and add to mixture. Stir in flour slowly, and beat until smooth. Shape into two loaves, and bake for one and one-half hours.

Baking Powder Biscuits

2 cups flour
½ teaspoon salt
2 teaspoons baking powder
2 tablespoons butter
¾ cup milk

Add baking powder and salt to flour, and sift twice. Work in butter until smooth and gradually add milk, mixing with knife until dough is of soft consistency. Place on floured board, and roll lightly until one-half inch in thickness. Cut into shapes desired, place in buttered pans, and bake in hot oven.

Graham Gems

1 tablespoon sugar
1 cup graham flour
2 teaspoons baking powder
Pinch salt
1 tablespoon butter
2 tablespoons bran
1 egg
Milk

Mix sugar and butter well together, add other ingredients. Add milk enough for batter and drop in gem pans — eight gems.

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English Tea Biscuits

1 qt. flour
3 teaspoons baking powder
½ lb. lard
1½ cups milk
½ cup sugar
2 eggs
1 teaspoon salt
½ cup currants

Add sugar to milk, and stir in lard until all is smooth. Mix flour and baking powder, and add. Beat eggs well, and stir into mixture. Add salt and currants. Bake for one-half hour.

Maryland Beaten Biscuits

1 qt. flour
1 cup lard
1 pinch soda
1 tablespoon salt
1 teaspoon sugar

Mix lard with flour, and add other ingredients. Stir in just enough water to make a stiff batter. Put on board, and beat with mallet for thirty minutes, rolling dough up as it becomes flattened. Roll in long roll, and cut into pieces size of biscuits desired. Place in pan, well apart, and bake for twenty minutes, until biscuits become a light brown. Serve cold.

Corn Muffins

½ cup flour
1 cup corn meal
2 tablespoons lard
½ teaspoon baking powder
2 eggs
½ cup milk

Mix flour and corn meal, and baking powder. Sift. Beat eggs well, and add to mixture. Stir in lard, and milk enough to make thin batter. Bake in hot oven.

English Muffins

1 cup flour
1 teaspoon baking powder
⅛ teaspoon salt
1 tablespoon sugar
1 egg
1 cup milk
1 tablespoon butter

Add sugar to butter, and smooth. Add salt. Beat eggs well, and add. Pour in milk, sift flour and baking powder together and add, beating until perfectly smooth. Pour into buttered gem pans, and bake in hot oven until muffins begin to brown. Reduce heat and bake until done.

Sweet Muffins

2 cups flour
1 cup sugar
½ cup butter
2 eggs
1 teaspoon baking powder
1 nutmeg grated
½ cup milk

Add sugar to butter, and smooth. Beat eggs well, and add. Stir in milk and nutmeg. Mix flour and baking powder, and add. Bake in hot oven, in well-buttered muffin molds.

Parker House Rolls

2 tablespoons sugar
2 cups scalded milk
1 yeast cake (dissolved in ¼ cup lukewarm water)
1 teaspoon salt
2 tablespoons butter
2½ cups flour

Mix this at night, then add 3 cups of flour and turn on board. Roll ¾ inch thick and cut with cake cutter.

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Cheese straws

Roll pie crust dough the same thickness as for pies. Cut in strips from six to ten inches wide, and cut the strips into straws or sticks a quarter of an inch in width. Lay upon baking sheets, leaving a space between the straws a third the width of the straws. Grate rich cheese, season to taste with salt and red pepper, and scatter thickly over the straws and spaces between them. Put in oven where the greatest heat will be at top and bake ten or fifteen minutes. Cut the cheese in the centre of spaces between the straws; remove from the baking sheets with a limber knife and pile tastily on a plate.

Golden Corn Cake or Johnny Cake

¾ level cup corn meal
¼ cup sugar
½ teaspoon salt
1 cup sweet milk
1 tablespoon melted butter
1¼ level cups flour
4 level teaspoons baking powder
1 egg

Mix and sift dry ingredients, add milk, egg well beaten and butter. Bake in a shallow, buttered pan in hot oven for twenty minutes.

Pin Wheel Biscuits

2 cups flour
4 teaspoons baking powder
¾ cup milk
½ teaspoon cinnamon
¼ teaspoon salt
2 tablespoons butter
2 tablespoons sugar
1/3 cup chopped raisins and citron

Roll flour, salt, baking powder, butter, and milk one-fourth inch thick. Spread with two tablespoons melted butter after rolling. Then spread on mixture made of sugar, cinnamon, raisins and citron. Roll like jelly-roll, cut off in slices, spread with butter and bake.

Mrs. B.'s Muffins (Sweet)

2 cups flour
½ cup butter
2 eggs
1 cup sugar
½ cup sweet milk
1 teaspoon baking powder
1 nutmeg

Rub sugar and butter to cream, add eggs well beaten, after which add milk and nutmeg. Last add the flour in which baking powder has been thoroughly mixed. Bake quickly.

Nut Muffins

1 cup flour
1 tablespoon lard (rounded)
2/3 cup milk
2 tablespoons chopped nuts
1 teaspoon baking powder

Work the lard into the flour with fork; moisten with milk. Drop in muffin iron and bake. Any kind of nuts may be used. Dates cut in small pieces, or raisins, may be used instead of nuts.

Spanish Buns

1 pt. sugar
1 cup chopped raisins
2 teaspoons cinnamon
1 teaspoon soda
2/3 cup butter
1 cup sour milk
1 teaspoon cloves
1 pt. flour
4 eggs

Beat butter and sugar together, then the eggs, then milk and soda; last the flour and fruit. Bake in a moderate oven.

Waffles

3 cups sweet milk
2 eggs beaten very light
Piece of butter size of large egg
4 cups flour
1 teaspoon salt
3 teaspoons baking powder

Mix ingredients in order given; beat well, and pour upon hot waffle iron.

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PIES

Making of Pastry

Pastry, to be worthy of the name, should be light, flaky and tender. For making pastry, a good brand of pastry flour and the best obtainable shortenings are absolute essentials for even ordinary success.

The lightness of pastry depends upon the amount of air enclosed in the cells and upon the expansion of that enclosed air during the process of baking. The flakiness of pastry depends entirely upon the quality and quantity of the shortening used.

Crust for One Pie

1 cup flour
4 tablespoons water
2 tablespoons lard (heaping)
Pinch of salt

Sift flour and salt together, and lard, cutting and mixing well with a knife. When well mixed add water, still stirring with knife. Sprinkle the moulding board with flour, and turn out the dough. Roll out, then fold and roll out about four times. Then it will be ready to use. For top crust finish by adding a few dots of butter between last folding, and sprinkle a teaspoon of sugar on top and slightly roll in as for sugar cookies.

Apple Pie

4 or 5 cooking apples
1/3 cup sugar
¼ teaspoon grated nutmeg
⅛ teaspoon salt
1 teaspoon butter
1 teaspoon lemon juice
Lemon rind grated

Line pie-tin with pastry made as above, and roll out as thin as desired. Pare, core, and slice apple into eighths. Place row of these slices around pie-tin, about one-half inch from edge, and fill towards centre until bottom of tin is covered. Pile on remainder of apple slices. Mix salt and sugar. Add lemon juice and rind. Sprinkle over apples, and dot over with butter. Dampen edge of crust with water, cover with upper crust, and mould edges together with the fingers. Prick top crust with a fork, placing in oven. Use moderate oven, and bake from forty to fifty minutes.

Apple pie may be made very well without lemon juice, butter and the grated lemon rind. Cinnamon is preferred by many people in place of nutmeg. If evaporated apples are used instead of fresh fruit, they should be soaked overnight in cold water.

Raisin Pie

¼ lb. raisins
Rind and juice of 1 lemon
1 teaspoon flour (heaping)
½ pt. boiling water
½ cup sugar
1 egg

Pour water, juice of lemon, sugar, flour and egg over raisins. Bake with two crusts.

Pumpkin Pie

1 cup pumpkin (prepared)
3 eggs
1 teaspoon ground cinnamon
1 cup milk
1 teaspoon ground cloves
1 teaspoon ginger

Beat separately whites and yolks of eggs. Mix all ingredients. Add cloves, cinnamon and ginger. Bake in one crust. Sweeten to taste.

Strawberry Pie

Strawberries
2 eggs (whites)
2 tablespoons sugar
Whipped cream
Lemon juice

Put berries in a baked crust, cover with whipped cream, then meringue made of whites of eggs, sugar and dash of lemon juice.

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Blueberry Pie

2½ cups blueberries
1 tablespoon flour
½ cup sugar
⅛ teaspoon salt

Line deep tin with plain pastry, and fill with berries, which are slightly dredged with flour. Sprinkle with sugar and salt, and cover with top crust. Bake fifty minutes in a moderate oven.

Blueberry pie, made in this way, is not sweet enough to suit all palates. If further sweetening is required, substitute 1/3 cup of molasses for an equal amount of sugar.

Blackberry Pie

1½ cups blackberries
½ cup sugar
⅛ teaspoon salt

Pick over berries, and wash carefully. Stew them till soft with just enough water covering them to prevent burning. Add sugar and salt to taste. Line tin with pastry, put on rim of pastry, fill tin with cooled berries, and arrange six strips of a pastry cut same width across top of berries, and put on upper rim. Bake for one-half hour in moderate oven.

Peach Pie

6 large peaches
1 cup sugar
½ pt. whipped cream
1 cup strawberries

Peel peaches after they have stood in boiling water for one minute. Slice peaches, cover with enough water to prevent burning, and cook until soft. Sweeten to taste with sugar. Cool, and fill crust. Cover with whipped cream, sweetened and flavoured to taste, and with fresh strawberries that have been cut in halves, slightly mashed and sweetened.

Chocolate Pie

1 square unsweetened chocolate
1 tablespoon sugar
½ teaspoon salt
2 egg yolks
3 tablespoons hot water
¾ cup scalded milk
1/3 cup flour
1 teaspoon vanilla

Melt chocolate over hot water. Add hot water, sugar, milk and salt, and stir in flour. Cook mixture until it thickens, and beat egg yolks well, adding them to mixture. Dilute vanilla with some of mixture, and add. Turn into pastry-lined tin, and bake for twenty minutes in moderate oven. Remove from oven, allow to cool slightly, and cover with meringue made of whites of eggs and ¼ cup sugar. Replace in oven to brown.

Whipped cream may be substituted for the meringue.

Cocoanut Pie

1½ pts. milk
2 tablespoons corn starch
3 eggs
1 teaspoon flour
1 cup sugar
¼ cup cocoanut

Bring milk to boil. Thicken with cornstarch, and stir in flour. Dissolve sugar in milk, and add. Beat yolks of eggs, flavor to taste; and fill crust which has already been baked, with mixture. Spread beaten whites of eggs over top, sprinkle with cocoanut, and brown slightly in moderate oven.

Buttermilk Pie

¾ cup chopped seedless raisins
¾ cup sugar
½ teaspoon ground cloves
Grated nutmeg
¾ cup buttermilk
1 egg
½ teaspoon cinnamon
Pinch salt

Mix together raisins, buttermilk, sugar, egg, well beaten, add cloves and cinnamon, nutmeg and salt. Mix all thoroughly and bake between two crusts.

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Lemon Pie

¾ cup sugar
¾ cup boiling water
3 tablespoons lemon juice
2 tablespoons corn starch
2 tablespoons flour
Rind of 1 lemon grated
1 teaspoon butter

Mix corn starch, flour and sugar, add boiling water, stirring constantly. Cook two minutes, add butter, egg yolks, lemon rind and lemon juice. Line tin with pastry, and turn in mixture, which has been allowed to cool, and bake until pastry is well browned. Cool slightly, and cover with meringue made as in recipe for chocolate pie. Return to oven, and bake until meringue is browned slightly.

Cream Pie

Crust
2 cups flour
3 teaspoons sugar
4 tablespoons butter
1 egg
Cream
1 pt. milk
2 tablespoons flour
6 tablespoons sugar
5 eggs (yolks)
1 teaspoon vanilla

Rub flour and butter together. Mix egg and sugar. Put together, roll lightly and bake. Boil milk, sugar, flour, yolks of eggs, vanilla to a thick cream and when cool pour on cool crust. Beat whites of eggs to a stiff froth, mix in a little powdered sugar and spread over the top. Set in oven to brown.

Mince Meat

1 lb. suet
12 large apples
1 lbs. raisins
1 pt. cider
Juice of 3 lemons
3 cups brown sugar
1 tablespoon cinnamon, allspice and Cloves
1 lb. currants

Put suet and apples through food chopper, add raisins, currants, juice of lemons, brown sugar, cider, cinnamon, allspice, cloves and nutmeg. Cook slowly until thoroughly mixed. Put in stone jar when cooked.

Mince pies should always be baked with two crusts.

Custard Pie

3 eggs
½ cup cream and milk
½ cup sugar
little nutmeg

Line a deep pie plate with good pie crust and grate a little nutmeg on the crust. Beat eggs with sugar, add cream and milk enough to fill crust (about 1 pint). Bake in a moderate oven just to the boiling point. Serve cold. Or, reserve the whites of 3 eggs and, when the custard is done, beat the whites to a froth and spread on top. Add a little sugar to the whites and return to the oven and brown slightly.

Note on Custard Pies.— For custard and fresh fruit pies, it is advisable to have paste very cold and firm and to have a quick oven; otherwise, the liquid will soak in and the crust be heavy or soggy.

Maple Custard Pie

3 eggs
½ cup maple syrup
2 cups hot milk
¼ teaspoon salt

Beat the eggs until well blended, add the syrup and hot milk. Line a pie plate with good paste, add filling, and bake in moderate oven.

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PUDDINGS

Baked Apple Dumpling

Peel, core, and leave whole, enough apples for one layer in medium deep pudding dish, leaving small space between apples. Sprinkle four or five tablespoons of sugar and one tablespoon of grated nutmeg. Place a small lump of butter in each apple, and pour enough boiling water over apples to completely cover them. Cover with thick piecrust, and bake for one and one-half hours in slow oven.

Black Pudding

1 cup molasses
2 cups flour
1 nutmeg
1 teaspoon baking soda
1 cup granulated sugar

Cream butter and sugar, stir in molasses, flour and sugar, and beat until smooth. Add nutmeg grated, add baking soda, and steam for two and one-half hours.

Note : This pudding will keep for thirty days in a cool place.

Bachelor's Pudding

4 medium-size apples
4 eggs
1½ cups bread crumbs
1 cup dried currants
2 teaspoons vanilla
1 cup granulated sugar

Pare apples, and chop into fine pieces. Add sugar, making sure it is mixed well with apples. Break and add eggs, stirring well. Add currants and bread crumbs, stirring well. Add vanila, stir well, and turn into well-buttered double boiler. Steam for three hours, and serve hot with hard sauce. Sprinkle grated nutmeg over top.

Bread Pudding

1 cup stale bread crumbs
1½ pts. milk
4 eggs
¼ teaspoon salt
1 lemon
1½ cups granulated sugar

Place bread crumbs in baking dish and smooth with a little hot water. Pour in milk and mix thoroughly. Beat two whole eggs and the yolks of two other eggs, and stir into mixture. Add salt to taste, and grate the rind of lemon over top of mixture. Place in oven, and bake until mixture is of consistency of baked custard. Beat the two remaining whites of eggs until very stiff, add sugar and juice of lemon to whites, and pour over mixture. Let brown in very hot oven, and serve either hot or cold.

Caramel Pudding

1½ tablespoons corn starch
1 cup brown sugar
Pinch of baking powder
¼ teaspoon salt
1 pt. milk

Scald milk in double boiler. Dissolve sugar in water, dissolve cornstarch in milk, and add both to scalded milk. Add salt and baking soda, and pour mixture into mould. Allow to cool before placing on ice. Serve extremely cold with cream and sugar.

Fig Pudding

1 lb. figs
1 cup bread crumbs
1 tablespoon butter
2 eggs
1 cup milk
1 cup granulated sugar

Chop figs very fine, and mix well with butter. Stir in bread crumbs, eggs, milk and sugar, mixing thoroughly. Pour pudding into buttered baking dish, and steam for two and one-half hours.

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Personal Recipes

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Personal Recipes

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Vanilla Cornstarch Pudding

1 pt. milk
1 tablespoon corn starch
2 tablespoons granulated sugar
¼ teaspoon salt
1 teaspoon vanilla
½ teaspoon butter
2 egg yolks

Beat egg yolks, and add a small quantity of milk. Dissolve cornstarch in a small quantity of milk, and add to egg yolks, stirring well. Place remaining milk in saucepan over boiling water, and when milk boils stir in cornstarch mixture. Let cook for five minutes, add salt, sugar and butter, and remove from fire. Pour into pudding dish, and when cooled a little add vanilla, stirring well

Chocolate Cornstarch Pudding

½ cup milk
1 tablespoon vanilla
½ cup grated chocolate
½ cup granulated sugar
2 egg whites

Make cornstarch pudding as above. Place milk and chocolate together in small saucepan above boiling water, and cook until chocolate is smooth and thick, stirring continually. Add 3 tablespoons of sugar, and remove from fire, stirring until cool. Add vanilla, and spread carefully, a teaspoonful at a time, over cornstarch pudding in pudding dish. Beat egg whites stiff, add one tablespoon of sugar, two or three drops of vanilla, and spread on top of chocolate. Brown delicately in oven.

Chocolate Pudding

1 pt. milk
1 cup granulated sugar
2 squares chocolate
½ package gelatine

Place milk and chocolate in small pan over boiling water, and cook until smooth. Add sugar, let come to a boil, and stir in gelatine which has been well-soaked. Boil for five minutes. Flavor with vanilla to taste, and serve cold topped with whipped cream.

Indian Pudding

3 qts. milk
1 tablespoon brown sugar
2 tablespoons molasses
1 teaspoon allspice
1 teaspoon salt
1 cup corn meal
½ cup raisins
4 eggs
2 tablespoons butter

Stir sugar into milk, and add molasses, allspice, butter and salt. Mix thoroughly. Mix cornmeal in a little milk, add raisins, and pour into mixture, stirring constantly. Beat eggs well, and stir in. Put in baking dish, and bake for three-quarters of an hour.

Potato Pudding

6 large potatoes
½ cup sugar
1 teaspoon salt
1 cup milk
4 eggs
½ cup butter
1 nutmeg
2 cups flour

Boil potatoes, and mash. Stir in eggs, milk, grated nutmeg and sugar. Smooth flour and butter, and add. Mix in salt, and bake mixture in hot oven for three-quarters of an hour.

Raspberry Pudding

1/3 package gelatine
1 cup raspberries
1 cup cold water
1 lemon
1 cup hot water
1 cup sugar

Dissolve gelatine in water. Add raspberries, sugar, hot water, and juice of lemon. Mix together, and place on ice to harden. Serve with powdered sugar and cream.

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Graham Pudding

¼ cup butter
½ cup molasses
½ cup milk
½ teaspoon salt
1 egg
1½ cups graham flour
½ teaspoon baking soda
1 cup raisins

Pour molasses into mixing bowl. Melt butter, and add to molasses. Add other ingredients in given order, mixing thoroughly. Turn into greased mould, and steam for two and one-half hours. Dates or figs may be added, if wished. Serve with :

Graham Pudding Sauce

2 tablespoons butter
1 cup granulated sugar
2 cups boiling water
½ teaspoon vanilla
3 tablespoons flour

Mix sugar, flour and butter until smooth. Add boiling water, and cook over fire until mixture thickens, stirring constantly. Allow to boil for five minutes. Remove from fire, add vanilla, and pour over pudding.

Ginger Pudding

1 cup molasses
1/3 cup butter
½ cup water
1 teaspoon ginger
2 egg yolks
2 cups flour
1 teaspoon baking soda

Stir soda into molasses, and add butter, water, flour and eggs. Mix to smoothness. Steam for two hours, placing pan over cold water and allowing to heat gradually. Serve with :

Ginger Pudding Sauce

½ cup butter
1 cup sugar
½ cup boiling water
½ teaspoon vanilla
2 egg whites

Cream butter and sugar, and beat in egg whites. Add boiling water and vanilla, mix thoroughly, and pour over pudding.

Lemon Pudding

1 cup coarse bread crumbs
2 eggs
½ cup sugar
1 lemon
1 pt. milk

Pour milk over crumbs. Add sugar and grated rind of lemon to yolks of egg, and beat thoroughly. Stir into milk and crumbs, and bake for one-half hour. When done, cover with egg whites beaten to stiffness, and warm slightly in oven. Serve with :

Lemon Pudding Sauce

¼ cup butter
2/3 cup sugar
1 lemon
1 egg

Cream butter and sugar, and add lemon juice and grated rind, and egg yolk. Beat well, and add stiffy beaten egg white. Place in dish above boiling water, and stir constantly for five minutes. Pour over pudding.

Lemon Meringue Pudding

1½ tablespoons corn starch
2 cups milk
7 tablespoons granulated sugar
Juice and rind of one lemon
3 eggs

Cook cornstarch in milk 3 minutes, and pour over yolks of eggs beaten in three tablespoons sugar — add lemon juice and grated rind — pour into bake pan — beat whites to stiff froth and add four tablespoons sugar — put on pudding and bake in very slow oven until meringue is cooked.

"Brodie's XXX Jelly Powder" makes delicious dessert in an instant.

Personal Recipes

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Personal Recipes

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Lemon Sauce

2 cups granulated sugar
2 lemons
2 eggs

Squeeze lemons, and grate rinds. Mix eggs and sugar, and add lemon juice and grated rind. Mix thoroughly, and add one pint of boiling water.

Rice Pudding

2 qts. milk
1 cup sugar
1 tablespoon butter
1 teaspoon vanilla
2/3 cup rice

Mix sugar, rice, butter and vanilla in milk, and cook in moderate oven for two hours until pudding is of consistency of cream. Stir occasionally.

Shanty Pudding

½ cup molasses
1 cup flour
½ teaspoon salt
½ cup hot water
1 teaspoon cinnamon
¼ teaspoon cloves
1 teaspoon baking soda
1 cup raisins
2 egg yolks

Mix ingredients together in the given order, adding baking soda and raisins last of all. Steam one hour, and serve hot with preferred sauce.

Suet Pudding

1 cup suet
4 cups flour
1 cup raisins
1 teaspoon baking soda
1 cup molasses

Mix ingredients together in order given, adding baking soda last, and steam for three hours. Serve with :

Suet Pudding Sauce

1 cup sugar
½ cup butter
2 tablespoons corn starch
1 lemon
1 pt. boiling water

Cream sugar and butter. Add cornstarch, and mix thoroughly. Pour in boiling water, stirring constantly until thickened, and add lemon juice.

Farina Pudding

2 cups milk
4 tablespoons farina
3 eggs
½ lemon rind
3 tablespoons granulated sugar

Grate lemon rind, add to milk, and place in double boiler. When milk boils, add farina, and cook for five minutes. Remove from fire. Add sugar to yolks of eggs, and beat until light. Pour milk mixture over eggs and sugar, stirring continually. Beat whites of eggs stiff, add to mixture which has been allowed to become slightly cool, folding whites in carefully. Turn into pudding dish, place dish in hot water, and bake in moderate oven for twenty-five minutes. Serve with a cream or meringue sauce.

Foamy Pudding

1 pt. boiling water
2 tablespoons corn starch
3 lemons
2 tablespoons granulated sugar
⅛ teaspoon salt
1 cup milk
2 eggs

Squeeze lemons, and grate rinds. Mix eggs and sugar, and add lemon grated rind to boiling water. Add cornstarch, one tablespoon sugar, and salt to taste. Allow to cool. Beat egg whites stiff, and add. Heat milk, stir in egg yolks beaten stiff with one tablespoon sugar. Pour milk mixture over pudding, flavor to taste, and serve cold.

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French Cocoanut Pudding

1 qt. milk
3 tablespoons corn starch
4 eggs
1 cup sugar
⅛ teaspoon salt
1 cup grated cocoanut
1 teaspoon lemon juice

Mix 1 pt. milk, salt and ½ cup sugar together, and bring to a boil on stove. Dissolve cornstarch in rest of milk, and stir into hot milk. Add yolks of eggs and cocoanut. Beat whites of eggs to stiff froth, add remaining sugar, flavor with lemon, and spread over pudding. Sprinkle a little cocoanut on top.

Kiss Pudding

1 qt. milk
4 eggs
2 tablespoons sugar
1 tablespoon butter
⅛ teaspoon salt
2 tablespoons corn starch
Grated rind of lemon
1 teaspoon vanilla

Add sugar to yolks of eggs, and mix thoroughly. Stir in butter, salt and cornstarch. Boil milk in double boiler, and add mixture, stirring thoroughly until well-cooked. Pour into earthen dish, and cover with whites of eggs beaten stiff. Flavor with vanilla, set in oven to brown, allow to cool, place on ice, and serve cold.

Lemon Bread Pudding

1 pt. milk
¾ pt. bread crumbs
1 cup granulated sugar
2 tablespoons butter
4 eggs
1 lemon rind
1 cup powdered sugar

Scald milk, stir in bread crumbs, and while on stove add granulated sugar, butter, egg yolks, and grated rind of lemon. Mix thoroughly, and bake for one-half hour. Beat egg whites and powdered sugar together, adding juice of lemon. Pour mixture over pudding, and brown lightly in oven. Serve with cream if wished.

Fluff Fluff Pudding

6 egg whites
1 lemon
½ cup raisins
1 cup granulated sugar
½ cup English walnuts

Beat egg whites to a stiff froth. Stir in sugar slowly. Squeeze lemon, and grate rind. Add lemon juice and grated rind, mixed together, to chopped walnuts and chopped raisins. Add to egg whites and sugar, and beat until stiff. Pour into unbuttered baking dish, and bake for twenty minutes.

Oldfashioned Raisin Dumplings

1½ cups granulated sugar
4 cups water
4 cups flour
1 cup seeded raisins
4 teaspoons baking powder
1 teaspoon butter
⅛ teaspoon salt
1½ cups milk

Add raisins and sugar to water, and cook for one hour at a simmer. Mix flour, baking powder and salt, stirring well. Rub in butter, and add milk, stirring well. Roll batter out one-half inch thick, and cut into one and one-half inch squares. Drop squares into boiling syrup. If syrup is too thick, dilute with boiling water. Cover pan, and cook dumplings at a boil for twenty minutes. Serve with syrup.

For your luncheon — try Kelly's the mellow ginger ale.

Easter Pudding

1 cup cocoanut grated
2 tablespoons powdered sugar
1 cup whipped cream
1 egg white
1 teaspoon vanilla
1 cup pistachio nuts
1 lb. angel cake

Mix cocoanut with sugar, beat eggs white until stiff, and add. Add vanilla, and stir in whipped cream. Cut angel cake into slices one-half inch thick, place slices on plates, and cover each slice with the above mixture. Sprinkle with pistachio nuts, and serve.

Plum Pudding

1 cup suet
2 cups bread crumbs
1 teaspoon ground cloves
1 teaspoon allspice
1 teaspoon baking soda
½ cup granulated sugar
1 cup flour
1 cup raisins
1 cup currants
1 teaspoon cinnamon
1 teaspoon mace
½ cup molasses
1½ cups milk
1½ teaspoon salt

Dry bread crumbs in oven, and roll very fine. Soak bread crumbs in milk, and allow to cool. Stir in sugar, spices, chopped raisins, currants, cloves, allspices, cinnamon, mace, and molasses. Dissolve soda in milk, and add. Mix salt with suet, and stir suet into mixture. Stir in flour, and beat until smooth. Pour into well-greased mould, set mould in pan of boiling water, and allow to cook for five hours, keeping mould covered closely. Keep sufficient water in pan to cover mould completely. Serve hot with :

Liquid Sauce

¼ cup flour
1 egg
½ cup granulated sugar
1 tablespoon butter

Mix flour and sugar thoroughly. Stir in three cups of boiling water, and allow to boil. Whip egg and butter together, and pour in boiling sauce. Beat for a minute, flavor to taste, and pour over hot pudding.

English Plum Pudding

1 lb. smoothly mashed potatoes
1 lb. bread crumbs
1 lb. raisins
½ lb. suet
¼ teaspoon salt
½ lb. carrots
1 lb. currants
¾ lbs. granulated sugar
1 nutmeg
4 eggs

Mix above ingredients in the order given, stir until all are thoroughly mixed, and pour into buttered moulds, cover, and steam for four hours. Serve hot with sauce prepared as above.

Christmas Pudding

1 lb. raisins
1 lb. currants
¼ lb. sultanas
1 lb. suet
½ lb. bread crumbs
1 pt. milk
10 eggs
¾ lb. flour
¾ lb. citron and orange peel
1 nutmeg

Stone raisins and divide them. Wash and dry currants and sultanas. Chop peel into fine slices. Mix all these with bread crumbs. Chop suet fine and add to bread crumbs. Add flour, mixing well. Grate nutmeg, and add. Stir in the eggs and milk, the eggs having been well beaten. Mix thoroughly, pour into mould, and cover with floured cloth. Boil for six hours, turn out of mould, and serve with arrowroot sauce.

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CAKE MAKING

Cake making is the one branch of cookery, that is most frequently undertaken by the inexperienced person, in spite of the fact that the mixing and baking require more care and judgment than many other departments of cookery. Yet cake making is an art not difficult to acquire.

The best ingredients are absolutely essential — eggs must be perfectly fresh. To a certain extent eggs help to lighten a cake and have a decided influence on the texture, flavour and grain of a cake. Butter should be sweet, and fruit or finely granulated sugar should be used in order that it may be dissolved more easily and help to produce a cake of fine texture. A cake can be said to be perfect if it has risen evenly, is uniform in shape, golden brown in color, feels light when held in the hand, has a fine even grain throughout and a good flavor. Cake mixtures are divided into two classes, namely :

1. Cakes with butter, that is, all loaf, pound or nut cake and chocolate cake.
2. Cakes without butter, for example : sponge cake and angel cake.

Observe these proportions : Less butter than sugar, usually one-third to one-half; less sugar than flour, usually two-thirds as much sugar as flour.

The correct method of procedure is as follows :

Collect all the ingredients required for cake before starting, so work of mixing may be quickly accomplished. Prepare the cake pan; grease thoroughly by means of a brush, just before putting in mixture, then dredge pan thoroughly with flour, invert, and shake pan to remove all superfluous flour, leaving only a thin coating which adheres to the grease. This will help to remove the cake more easily from pan after it is baked, and will also give cake a smooth undersurface. Accurate and level measurements are absolutely necessary. If the flour is carelessy measured, cake will be coarse in texture, and will resemble bread in appearance; if too much sugar and butter is used the cake will fall apart when baked.

It is well to have a capacious mixing bowl, a wooden spoon, a spatula, a measuring cup and spoons, a sifter and a practical egg beater.

Measure dry ingredients accurately. Measure butter, place in a bowl, work with back of wooden spoon. Measure sugar, add gradually to butter, blending each addition of sugar thoroughly with the butter, in order to make sure that it will be thoroughly dissolved; beat for three minutes to enfold air, which will help to lighten cake.

Break and separate eggs, allow whites to stand in cool place, till cake is nearly mixed. Beat egg-yolks till light and lemon-coloured; add to butter and sugar, mix well, beating vigorously for five minutes.

Reserve small portion of flour already measured, because the amount of moisture absorbed by flour varies a great deal, and a consistent batter might be obtained before all the flour measured has been added.

Add flour alternately with milk, if milk is put in all at once the butter is chilled, it hardens, separated from the sugar, and a curdled appearance results. Do not beat after flour is added because the gluten of flour will be what is called "developed" that is, it will become thick, rubbery and elastic, and your cake will resemble bread.

Beat egg-whites until stiff and dry, fold into cake mixture — that is very slowly and carefully.

Add flavouring. Turn mixture in proper cake pans which have been greased and floured, then bake at proper temperature.

Kelly's Ginger Ale — preferred by both guests and hostess.

Personal Recipes

Beware of gossiping tongues! Keep your bath-tub and wash-basin immaculate with SNAP.

Personal Recipes

Use SNAP for cleaning greasy pots and pans — SNAP dissolves grease with ease.

CAKES

Apple Frosting

3 large tart apples
1 cup granulated sugar
3 eggs (whites unbeaten)

Pare apples, grate into a deep dish (use lemon grater); add granulated sugar and unbeaten whites of eggs. Whip together until white and stiff. Use for filling and top of sponge layer cake. Also serve as "trifle" on split lady fingers with a bit of jelly or candied fruit on top.

Angel Cake, Small Loaf

5 eggs
½ cup flour
¾ cup granulated sugar
½ teaspoon cream of tartar
1 teaspoon vanilla

Beat whites of eggs very stiff. Sift sugar three times and stir into eggs. Put cream of tartar into flour and sift four times. Add flavoring, then flour. Bake in small Turk's head. Do not grease tin. Bake twenty minutes in moderate oven. When done turn upside down on three cups.

Filling for Angel Cake

½ lb. English walnuts
1 tablespoon gelatine
2 tablespoons cold water
2 tablespoons pulverized sugar
1 cup cream

Whip the cream stiff. Put the water over the gelatine and set on back of stove. Put the sugar in the cream, add one tablespoon hot water to the gelatine, strain and add to cream. Add vanilla. Chop nearly all the walnuts and add to one-half the cream, cut angel loaf across, and put in filling. Put rest of cream on top with whole nuts.

Banana Cake

1 cup sugar
½ cup sweet milk
1 teaspoon soda
2 cups sifted flour
1/3 cup butter
3 eggs
2 teaspoons cream of tartar
Flavor to taste

Filling :

Mash two bananas to a cream, stir into boiled frosting and put between layers. To be eaten same day as made.

Brown Cake

1½ cups sugar
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon baking powder
½ cup butter
½ cup sour milk
1 teaspoon allspice
1 cup strawberries
2 cups flour

Filling :

One cup sugar, cooked until stiff, and white of one egg.

Bread or Dough Cake

3 cups of bread dough (coffee cups)
1 teacup butter
4 eggs
2 teacups of sugar
2 teacups raisins
nutmeg

After working all together with the hands, add one teaspoon soda.

Blackberry Jam Cake

1 cup sugar
1 cup jam
½ cup sour milk
1 teaspoon soda
cinnamon
2/3 cup butter
3 eggs
2 cups flour
1 teaspoon baking powder
cloves and allspice

Bake in layers.

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Brown Stone Front

2 squares chocolate
½ cup butter
Yolks of 4 eggs well beaten
1¾ cups flour
5 tablespoons boiling water
1½ cups sugar
½ cup cream
2 teaspoons baking powder
2 teaspoons vanilla (scant)

Dissolve chocolate in boiling water. Cream butter. Add gradually sugar, then eggs. Beat thoroughly; add chocolate. Add cream, flour, baking powder and vanilla. Beat whites of four eggs stiff and stir in.

Caramel Frosting

1 cup sugar
½ cup milk
1 teaspoon flour

Cook all together. When nearly done add butter size of walnut.

Cinnamon Cake

1 egg
1 cup sugar
Little nutmeg
Butter size of egg
1 cup milk
3 tablespoons baking powder
3 cups flour

Bake in shallow tins. Put butter, sugar and cinnamon on top.

Chocolate Loaf Cake

½ cake chocolate
½ cup sweet milk
½ cup sugar
Yolk of 1 egg

Cook these ingredients together until quite thick, and when cool add three teaspoons vanilla. Then prepare the following :

1 cup sugar
½ cup sweet milk
2 cups flour
1 teaspoon soda
½ cup butter
1 egg (and yolk of one or more)

Stir the two mixtures together thoroughly, and bake in moderate oven.

Cornstarch Cake

1 cup sugar
1 cup flour
½ cup milk
½ cup butter
½ cup cornstarch
3 eggs (whites)
2 teaspoons baking powder

Mix the cornstarch with a part of the milk and if considered necessary add a little more flour. This is a nice cake easily made.

Cocoanut Cake

2 cups powdered sugar
3 eggs
3 cups flour
1 teaspoon soda
½ cup butter
1 cup evaporated milk
2 teaspoons cream of tartar
1 cup cocoanut

Beat butter and sugar to a cream; add eggs and beat for five minutes. Mix cream of tartar and soda with flour and sift; add to eggs and butter. Mix with milk and add cocoanut.

Drop Cakes

Yolks of 3 eggs, or two whole eggs
1 cup dark molasses
¾ cup sweet milk
1 cup raisins
1 cup granulated sugar
1 tablespoon melted butter
Heaping teaspoon soda
Nutmeg and cinnamon to taste
Flour enough to thicken

Mix together eggs, sugar, molasses, butter, sweet milk, soda dissolved in the milk, one cup of raisins, or more if you like, nutmeg and cinnamon to taste, flour enough to thicken. Drop teaspoonful at a time and bake ten minutes.

Order a case of Kelly's Ginger Ale for your next party.

Personal Recipes

Your husband will ask for SNAP. Keep it handy in the kitchen and bath-room.

Personal Recipes

For cleaning anything that's really dirty — SNAP is better than soap.

Devil's Food Cake

2/3 cup sugar
½ cup milk
1 cup sugar
½ cup sweet milk
1 teaspoon soda (heaping)
½ cup chocolate
Yolk of 1 egg
2 eggs (well beaten)
½ cup butter
2½ cups sifted flour
1 cup shredded cocoanut

Stir sugar, chocolate, milk, yolk of egg together, then set aside to cool. Dissolve 1 cup sugar, eggs, milk, butter, soda dissolved in hot water. Beat well together; add the above and then stir in two and one-half cups of sifted flour and one cup of shredded cocoanut. Bake slowly. Use "fudge" frosting.

Icing for Devil's Food Cake :

2 cups sugar
1 teaspoon butter
1 cup milk
¼ cake chocolate

Boil sugar and milk together until a drop in cold water does not dissolve (it need not turn hard). Then add chocolate cake and let it melt. Pour out and stir on marble slab with case knife, until it becomes creamy candy. If it gets too hard to spread on cake, thin it with rich cream. If any other flavor is desired instead of chocolate, it may be added instead, only after the candy has been stirred on the marble.

Devil's Food

Custard Part :

½ cup cocoa (scant)
1 cup brown sugar
½ cup sweet milk
yolk of 1 egg

Stir all together in a granite saucepan. Cook slowly and set away to cool.

Cake Part :

1 cup brown sugar
2 cups flour
½ cup butter
½ cup sweet milk
2 eggs

Cream butter and sugar and yolks of eggs; add milk, sifted flour and whites of eggs beaten stiff. Beat all together, and then stir in custard; hastily add teaspoon soda dissolved in warm water. Bake in layers and put together with icing.

Dark Cake

2 cups granulated sugar
Yolks of 2 eggs
1 teaspoon soda
1 teaspoon vanilla
½ cup butter
½ cup sour milk
2 cups flour
1/3 cake chocolate
½ cup boiling water

Beat sugar, butter and yolks of eggs well together; add sour milk and soda. Beat the whites of the eggs stiff, add flour and flavor with vanilla. Dissolve cake of chocolate in boiling water, adding this last. Frost with boiled icing.

Dried Apple Cake

1 cup dried apples
½ cup molasses or syrup
½ cup butter
2 teaspoon soda
1 teaspoon cinnamon
2 cups flour
½ cup brown sugar
1 cup sour milk
1 egg
1 teaspoon each of nutmeg and cloves

Soak apples over night, chop fine and cook in syrup two hours.

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Economical Cake

½ cup butter
2 eggs
2 cups flour
1 cup sugar
2/3 cup milk
4 level teaspoons baking powder

Cream butter and sugar, add yolks of eggs, then the milk, then the flour in which the baking powder has been sifted, and last, the whites of the eggs beaten to a stiff froth. Bake in layers.

Filling :

1 cup sugar
½ teaspoon vinegar
1/3 cup water
Flavoring

Cook sugar, water and vinegar until it threads, then pour over the beaten white of one egg.

Farmer's Cake

1 cup sugar
2 cups flour
Nutmeg
1 tablespoon molasses
1 teaspoon saleratus
1 cup buttermilk
½ cup raisins
Large tablespoon butter
1 teaspoon cinnamon
½ teaspoon cloves

Beat sugar and butter together. Measure flour before sifting. Cut the raisins and mix with flour and salt. Bake in a shallow pan.

Fig Cake

2 cups sugar
1 cup milk
2 teaspoons baking powder
¾ cup butter
3 cups flour
Whites of 5 eggs

Fairy Loaf Cake

4 eggs (beaten separately)
¾ cup butter
2½ cups flour
½ teaspoon soda
1¼ cups granulated sugar
½ cup sweet milk
1 teaspoon cream of tartar
Flavor to taste

1. Cream butter and sugar thoroughly. 2. Beat yolks to a very stiff froth and stir in. 3. Add milk. 4. Sift flour once, then measure. Add soda and sift three times. Stir in and beat very hard. 5. Whip whites to a foam. Add cream of tartar and whip until stiff. Fold in lightly. Put in a slow oven and it will bake in thirty or forty minutes.

Eggless Fruit Cake

1 cup sugar
1 cup sour milk
1 teaspoon cloves
1 teaspoon soda
1 cup seeded raisins
½ cup butter
1 teaspoon cinnamon
1 teaspoon nutmeg
2 cups flour (measured before sifting)

You may add different kinds of fruit if you wish, as you would in any kind of fruit cake. Add all the dry stuffs to flour and sift; have butter soft and cream with sugar; sprinkle your raisins with flour and add last.

Ginger Cake

½ cup shortening
1 cup molasses
2½ cups flour
1 teaspoon spices
½ cup sugar
1 cup boiling water
1 teaspoon soda
1 teaspoon ginger
2 eggs

Cream shortening and sugar. Add beaten eggs, molasses, boiling water, then the sifted ingredients. Stir quickly, beat until smooth, and bake in a moderately hot oven.

McCormick's Jersey Cream Sodas — the choice of most Canadian housewives.

Personal Recipes

Those tired, aching feet feel cool and rested when you bathe them with SNAP.

Personal Recipes

Use SNAP for cleaning greasy pots and pans — SNAP dissolves grease with ease.

German Coffee Cake

3 cups milk
1 cake compressed yeast
2½ tablespoons lard and butter
Flour
Sugar
1 cup sugar
2 eggs
1 tablespoon salt (scant)
Butter
Cinnamon

Enough flour to bake dough as stiff as bread. Put flour in great bowl, make a hole in centre, put in salt, sugar and crumbs in yeast. Warm the milk, butter and lard Mix with other ingredients. Stir in beaten eggs; mix well, knead same as bread. Let rise over night. When light put in shallow tins; let rise — when light spread butter over top and sprinkle with sugar and cinnamon or moisten top with milk or beaten egg and make a mixture of butter, sugar, cinnamon and flour, mix and sprinkle the top. Bake to a light brown.

Hasty Cake

1 cup sugar
2 tablespoons melted butter
1½ cups flour
2 eggs
2/3 cup milk
2 heaping teaspoons baking powder
vanilla

Put all in mixing pan and stir thoroughly. Bake in layers or loaf.

Hickory Nut Cake

1½ cups sugar
¾ cup milk
Whites of 4 eggs
½ cup butter
2 cups flour
2 teaspoons baking powder
1 teaspoon extract of orange

Bake in layers.

Filling :

Whites of 3 eggs
1 cup chopped nut meats
3 tablespoons sugar
1 teaspoon extract of orange

Jennie Lind Cake

2½ cups sugar
1 cup milk
4 eggs
1 cup raisins
½ cup citron
4 cups flour
1 cup butter
4 teaspoons baking powder
1 cup currants
2 tablespoons molasses
Spices to taste

Bake in three layers, two plain; after taking out plain, leaving less than a third, add raisins, currants, citron, molasses and spices. Spread with jelly or lemon filling, putting fruit layers between.

Layer Cake

1 cup sugar
¾ cup sweet milk
1½ teaspoons baking powder
1 tablespoon butter
1¾ cups flour
3 eggs

Add eggs. Bake in three layers. Flavor with vanilla.

Lemon Filling Cake

1½ cups sugar
3 eggs (1 whole, whites of 2)
½ cup butter
1 teaspoon baking powder
3 cups flour

Filling :

Yolk of 2 eggs
Juice of one lemon
1 cup sugar (use small cup)

"Brodie's XXX Jelly Powder" makes delicious desserts in an instant.

Lemon Layer Cake

1½ cups sugar
1 cup milk
2½ cups flour
½ cup butter
3 eggs
2 teaspoons baking powder
Flavor to taste

Filling :

½ cup sugar
1 egg
1 tablespoon butter
Juice and rind of 1 lemon

Beat all together, and boil until thick. Cool before using.

Marshmallow Cake

1½ cups powdered sugar
½ cup milk
½ cup cornstarch
½ cup butter
1½ cups flour (scant)
1 teaspoon baking powder
Whites of 6 eggs

Filling :

1 cup sugar
5 tablespoons water

Boil until it drops from the spoon. Remove from the fire. Stir in one-half pound marshmallows. Stir until thick like boiled icing. Little vanilla and pinch of salt. Bake in large square tins.

Marshmallow Icing

1 cup white sugar
1 teaspoon vinegar
1/3 cup water
Whites of 2 eggs
¼ lb. marshmallows

Boil together sugar, water and vinegar, until it threads — about five or six minutes. Stir hot syrup into beaten whites of eggs, then add marshmallows. Put on back of stove or very slow fire, and stir until marshmallows are dissolved.

Chocolate Marshmallow Cake

1½ cups flour
4 ounces of butter
3 eggs (yolks)
½ lb. sugar
½ teaspoon vanilla
1 gill of milk
1 teaspoon baking powder

Stir flour with baking powder. Stir butter with sugar to a light cream. Add the yolks of eggs and vanilla. Beat the whites of two eggs to a stiff froth and add them alternately with the flour and milk to the creamed butter. Mix well and bake in two jelly tins.

Filling :

⅛ lbs. chocolate
½ cup sugar
1 tablespoon boiling water
¼ cup water
½ lb. marshmallow candies
Chopped nuts

Boil chocolate in with water, with sugar until it forms a thread between the fingers; take marshmallow candies, dissolve with water, and add chocolate. When cool put half between layers and the remainder filling on top and sprinkle with chopped nuts.

Nut Cake

1½ cups butter
1 teaspoon baking powder
4 eggs (whites)
1½ cups powdered sugar
2 cups flour
1 cup walnuts (chopped)

Beat butter to a cream, add powdered sugar, beat until measure three-fourths cup water, add baking powder to flour. Sift twice. Beat whites of eggs to a stiff froth, add water and flour alternately to butter and sugar; beat until smooth, then add one-half of whites, fold in carefully, add walnuts, then add the remainder of whites.

— Send the Publishers the names of your newly-married friends, or brides-to-be. —

One-Egg Cake

Butter size of square chocolate
¾ cup milk
2 cups flour
1 cup sugar
1 egg
2 teaspoons baking powder

Cream butter, add to it the sugar, milk, and beaten yolk of egg. Then add flour, into which has been sifted the baking powder, and lastly, the white of the egg beaten stiff. Bake in a loaf or two layers.

Pearl Cake

1 cup sugar
½ cup sweet milk
½ cup flour
2 tablespoons butter
2 teaspoons baking powder
3 eggs whites stiffly beaten

Cream sugar with butter. Add milk and baking powder, sifted with flour, and the stiffly beaten whites of eggs.

Poor Man's Cake

2 cups brown sugar
1½ cups sour milk
1 cup currants
1 teaspoon cinnamon
1 nutmeg
10 tablespoons melted lard
1 cup raisins
1 teaspoon soda
½ teaspoon cloves
Pinch of salt
Sufficient flour to stiffen

Puff Cake

2 cups sugar
2/3 cup butter
3 teaspoons baking powder
1 cup milk
3 cups flour (scant)
Whites of 6 eggs

Flavor with lemon or rose. Stir sugar and butter to a cream. Add milk, and flour, then the whites of eggs.

Raspberry Jam Cake

¾ cup butter
3 eggs
3 tablespoons sour cream
1½ cups flour
1 cup sugar
1 cup jam
1 teaspoon soda
½ teaspoon cloves
½ teaspoon cinnamon

Bake in layers.

Ribbon Cakes

1 cup butter
2 cups sugar
2 teaspoons baking powder
½ cup raisins, chopped and stoned
1 cup currants
1 cup milk
3½ cups flour
4 egg yolks and whites separately
2 teaspoons molasses
1 teaspoon cinnamon
¼ lb. citron sliced

Divide the dough into three parts and bake two parts as plain cake. Add to the remaining dough raisins, currants, molasses, citron sliced, the fruit all floured, cinnamon; bake. Put the fruit cake between the two plain, with jelly between and frost.

Roll Jelly Cake

3 eggs (yolks and whites beaten separately)
1 cup sugar
¼ cup boiling water
1 cup flour (scant)

Sift the flour three times in which a teaspoon of baking powder and a pinch of salt have been sifted, also sugar, adding the water last. Bake in a large roasting pan in a quick oven. Spread with jelly and roll while hot.

Windsor Mayonnaise will make any good salad even better.

Mrs. B's Favorite Cookies

2 cups sugar
1 cup (heaping) butter
2 eggs (well beaten)
1 cup sweet milk
3 cups flour
2 teaspoons baking powder (rounded)
Nutmeg or other flavoring

Cream together in a large bowl sugar and butter. Add the eggs well-beaten. Grate in a little nutmeg or use any other flavoring preferred. Gradually pour in the sweet milk and flour which has been sifted 3 times with the baking powder. Roll out quite thin and use a small cutter. Bake in a rather quick oven, and let the cookies get cold and hard before putting away. These will keep good and remain crisp almost indefinitely, and therefore are good to make up in large batches.

Soft Ginger Bread

½ cup sugar
1 cup molasses
1 teaspoon cloves
2½ cups flour
1 teaspoon ginger
2 teaspoons soda dissolved in 1 cup boiling water
2 eggs
½ cup butter

Add two eggs well beaten the last thing before baking. Bake slowly. This may be used for all economical fruit cake by adding fruit if desired.

Doughnuts

Commence by 12 o'clock (noon)

1 pt. sweet milk
1 cup home-made yeast or 2 tablespoons of brewed yeast
1 teacup lard
2½ cups sugar
1 tablespoon cinnamon
Pinch salt
4 eggs

Warm lard in the milk. Take yeast and make a sponge. When light (by tea time) add eggs, sugar, salt and cinnamon. In the morning roll and let them rise again, and fry slowly, expecting to finish them about noon.

Sweet Strawberry Cake

3 eggs
2 cups flour
1 teaspoon baking powder (heaping)
1 cup sugar
1 cup sugar
1 tablespoon butter
3 pts. strawberries
White of 1 egg
1 teaspoon powdered sugar

Beat the butter and sugar together and add the eggs, well beaten. Stir in the flour and baking powder, well sifted together. Bake in three layers. With the strawberries mix the sugar and mash them a little. Spread the fruit between the layers of cake. The top layer of strawberries may be covered with a meringue made with the white of egg and powdered sugar. Save out the largest berries and arrange them on the top in the frosting. Makes a very fancy dish and a most delicious cake. For icing :

Vi-Tone Cake

½ cup white sugar
2 eggs, whites beaten separately
1½ cups flour with 4 level teaspoons baking powder
1/3 cup Vi-Tone
2 level tablespoons butter
1½ cups sour milk with ½ level teaspoon soda
Salt
Vanilla

Cream butter and sugar, egg yolks, add milk with soda, flour, baking powder and Vi-Tone. Salt and vanilla. Beat well and then fold in egg whites. Bake in layer cake or square tin.

1½ cups icing sugar
3 level tablespoons Vi-Tone
1 tablespoon butter

Moisten with hot water. Beat well and spread on cake when cool.

Vi-Tone the Tonic food beverage with the malt chocolate flavor.

Personal Recipes

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Personal Recipes

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Stir Cake

1 cup sugar
1½ cups flour
1 tablespoon butter
1 egg or whites of 2
1 cup sweet milk
Salt
1 teaspoon baking powder
Flavoring

Put all together and stir five minutes.

Sunshine Cake

Whites and Yolk of 6 eggs
¾ cup flour
1 cup granulated sugar
½ teaspoon cream of tartar
Pinch salt

Add salt to whites of eggs before whipping, and flavoring to taste. Sift flour three times, measure and set aside flour and sugar. Separate the eggs, putting the whites in mixing bowl and the yolks in small bowl; beat yolks to very stiff froth. Whip whites to foam, add cream of tartar, and whip until very stiff; add sugar to whites and beat in, then yolks and beat in, then mix flavoring in and lastly fold the flour lightly through. Bake an hour in a slow oven.

Tutti-Frutti Filling for Layer Cake

2 tablespoons minute gelatine
8 tablespoons water
2 cups granulated sugar
1 teaspoon vanilla
Candied fruits and nuts

Cover the gelatine with cold water and set over hot water to melt. Boil the sugar with the water until thick and white. Toward the end of the beating, stir in various kinds of crystalized fruits cut in bits; also nuts.

Spice Cake

1 cup butter
1 cup milk
3½ cups flour
1 teaspoon cloves
1 teaspoon cinnamon
2 cups sugar
4 eggs
2 teaspoons baking powder
1 teaspoon allspice
1 teaspoon nutmeg

Cream butter and sugar, add the eggs and milk; sift together the flour, baking powder and spices and add to the mixture. This cake may be baked in layers or loaf and with any filling.

Chicago Sponge Cake

2 eggs beaten separately
1 cup flour
1 level teaspoon baking powder
1 cup sugar
¼ teaspoon salt
⅜ cup hot water
½ teaspoon extract vanilla

Beat the yolks of the eggs until thick, add gradually the sugar, vanilla and beat. Add water, whites of eggs beaten to a stiff froth, and the flour, baking powder and salt sifted together thoroughly. Bake in buttered cake pan forty-five minutes.

White Cake, with Lemon Icing

1½ cups sugar
2/3 cup milk
2 teaspoons baking powder
½ cup butter
2 cups flour
Whites of 4 eggs

Cream butter and sugar. Add milk, then flour after sifting into the baking powder. Lastly, eggs beaten to a stiff froth. Flavor with vanilla. Bake in layers.

Icing : Beat white of one egg. Add the juice and grated rind of one lemon and then add confectioner's sugar until thick enough to spread.

Kelly's Ginger Ale — preferred by both guests and hostess.

Chocolate Cake

2 cups sugar
3 eggs
3 teaspoons baking powder
¾ cup butter
1 cup sweet milk
2 teaspoons vanilla extract
3 cups flour

Cream the butter and sugar; add the eggs, well beaten, with a pinch of salt. Gradually add the milk. Then add the flour and baking powder sifted together. Bake in oblong pans.

Filling : Two squares bitter chocolate, melted over boiling water, two heaping cups confectioner's sugar (sifted), and add sufficient cream to moisten the sugar so it can be stirred, then add the melted chocolate with two teaspoons vanilla extract. Spread immediately between layers and on top.

Caramel Cake

½ cup butter
1 cup sweet milk (scant)
2 teaspoons baking powder
1 cup sugar
2 cups flour
3 eggs

Cream butter and sugar. Add milk, and flour sifted with baking powder. beat thoroughly and fold in the whites of three eggs whipped stiff. Beat thoroughly.

Filling : Two cups light brown sugar, two-thirds cup of milk, one tablespoon butter, one teaspoon vanilla extract. Boil fifteen minutes over quick fire, stirring constantly. Spread over cake rapidly.

Coffee Cake

¼ cup butter
½ cup molasses
¼ cup coffee
½ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg (grated)
2½ cups flour
2½ teaspoons baking powder
½ teaspoon allspice
½ lbs. raisins (stoned and cut in pieces)
½ cup sugar
2 eggs (well beaten)

Cream the butter, add gradually the sugar, then molasses, eggs, fruit and coffee. Sift together thoroughly the flour, salt, baking powder and spices, and add to mixture. Bake in a cakepan fifty minutes.

Chocolate Frosting with Coffee Cake

¼ cup butter
2 cups pulverized sugar
Vanilla
½ cup chopped walnuts
Cold coffee
1 square chocolate or 4 tablespoons cocoa

Melt butter and stir in it the chocolate; add the sugar and thin to right consistency with cold coffee. Flavor and add walnuts. Spread on loaf cake or between layers of cake.

Maple Icing

One generous cup of Maple Sugar, quarter cup water. Boil together until it forms a soft ball when dropped into cold water. Beat the white of an egg until stiff, pour the hot syrup very slowly into the beaten egg-white, beating all the time. Beat until stiff enough to spread on a cake.

Sponge Cake

4 eggs (yolks)
1 teaspoon baking powder
2/3 cup potato flour
1 teaspoon vanilla

Beat together yolks of eggs and sugar. Add the well beaten whites of four eggs, potato flour (Swedish preparation), baking powder and vanilla. Bake about twenty minutes.

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Personal Recipes

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Personal Recipes

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Honey La Fayette Cake

3 eggs
1 cup honey
½ cup butter
3 teaspoons baking powder
½ cup milk
Extract
2 cups flour

Beat the eggs, add creamed butter, honey. Sift flour with powder 2 or three times. Make batter alternating flour and milk. Extract. Pour preparation in deep well buttered pie plates. Bake in a moderate oven, take out and put jelly or preserves between the two parts. Ice to taste.

Honey Cracknels

2 eggs
3 tablespoons butter
1 cup sour milk
1 teaspoon cream of tartar
5¾ cups flour
½ cup sugar
1½ cups honey
1 teaspoon soda
1 teaspoon lemon extract
1 teaspoon salt

Cream well; butter, sugar and honey. Then add the eggs well beaten, extract. Sift flour with salt, soda and cream of tartar. Make batter alternating with milk. Make a not too thin crust; cut so as to give the desired form. Fry in full grease as for the other cracknels. Once cold, sprinkle at will with powdered sugar.

Honey Ginger Bread

1 cup honey
2½ to 3 cups flour
1 cup sour milk
2 teaspoons soda
2 eggs
2 teaspoons ginger
1 teaspoon salt
1 egg,
¼ cup sugar
¼ cup melted lard

Put soda in honey, stir, add ginger. Beat the egg with sugar, add to honey together with the lard. Make the batter alternating milk and flour sifted with salt. Beat with force a few minutes. Place the preparation in a greased tin. Bake in a moderate oven.

Butter Galettes

1 yeast cake
1 pt. milk
1/3 cup lard
1 tablespoon salt
1 pt. water
1/3 cup butter
1 cup honey
3 qts. bread flour

Dissolve yeast in a cup of lukewarm water during 10 to 15 minutes. Place in the bread pail; butter, lard, honey and salt. Pour over those ingredients the milk boiling. Stir the whole to dissolve it well, add the water remaining. When the preparation is moderately warm, add yeast and flour at once. Turn the crank 10 to 15 minutes. Cover the pail and let rise generally over night. Next morning, turn the crank and let rise anew until the dough is light, give the desired form in working the dough a little. Place into buttered tins, let rise to double the volume. Just out of the oven, ice the galettes with 1 tablespoonful of sugar dissolved in 1 tablespoonful of water.

Honey Economy Cake

1 cup sour cream
2 cups honey
3 tablespoons baking powder
3 cups or more flour
1½ cups sweet milk
½ teaspoon soda
1 egg
Pinch of salt

Put soda in the cream, add honey, beaten egg. Sift flour with powder and salt; make batter alternating with milk. Place in buttered tin. Bake in a hot oven.

For your luncheon — the Kelly's the mellow ginger ale.

Cocoanut Cookies

1 cup cocoanut
1½ cups granulated sugar
¾ cup butter or substitute
½ cup milk
2 eggs
2 tablespoons baking powder
½ teaspoon vanilla extract
Flour

Cream sugar and butter. Add eggs. Sift flour with baking powder, using two cups to start. Add to sugar and butter. Stir in cocoanut and flavoring. If necessary to make a dough that will roll out, more flour can be added. Sprinkle tops of cookies with a little cocoanut and powdered sugar and bake in quick oven.

Cocoanut Jumbles

1 cup cocoanut
1 cup butter
1½ cups granulated sugar
5 cups flour, sifted
Teaspoon lemon or vanilla extract
3 eggs
2 tablespoons milk

Cream butter and sugar, add eggs, beaten whites, and yolks separate. Add milk and flour, then the cocoanut and flavoring. The dough should be stiff. Roll thin and cut out with ring cutter. Bake in quick oven from 5 to 10 minutes.

Maple Economy Cake

2 cups cold water
2 tablespoons shortening
2 cups maple sugar
1 pkg. seeded raisins

Boil all together for five minutes. Remove from the stove and let cool. Sift together three small cups of flour and 2 teaspoons soda. Add to the above mixture when cold. Spice may be added to taste. This makes two loaves. Bake in a moderate oven.

Date Cake

1 cup maple sugar
½ cup butter or lard
1 cup sour milk
½ lb. dates
¼ teaspoon cloves
¼ teaspoon salt
1 teaspoon soda
1½ cups flour
½ teaspoon cinnamon

Cream the butter and sugar together, add the sour milk and flour (in which the spices and soda have been sifted) alternately. Add dates and bake in a moderate oven.

Buttermilk Cake

1 cup sugar
1 egg
1 teaspoon nutmeg
½ cup raisins
Butter size of an egg
1 cup buttermilk
1 teaspoon soda
Flour enough to make a thick batter

Mix sugar and butter, 1 egg, add buttermilk, baking soda, flour, raisins and nutmeg. Bake in a moderate oven.

Crumb Cake

½ cup butter
1 cup raisins
1 cup sour milk
2 eggs
1 cup sugar
1 teaspoon soda
2 cups flour
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice

Mix ½ cup butter, 1 cup sugar, and 2 cups flour, together making fine crumbs. Take out 1 cup of crumbs, beat eggs and add to crumbs in dish. Dissolve soda in 1 cup sour milk. Add milk and spices, beat well put into deep pan just before putting in oven. Spread the cup of crumbs on top, bake in medium oven.

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Personal Recipes

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Personal Recipes

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Silver Cake

Whites of 6 eggs
2 cups sugar
2/3 cup butter
1 cup sweet milk
4 cups sifted flour
2 teaspoons baking powder

Stir in sugar and butter to a cream, add milk and flavoring, part of the flour, the beaten whites of eggs, then rest of flour. Bake carefully in tins lined with buttered paper.

Mrs. B's Fruit Cake

2 scant teacups of butter
3 cups brown sugar
6 eggs (beaten separately)
½ cup molasses
½ cup sour milk
1 tablespoon cinnamon
1 teaspoon soda
1 glass brandy
1 lb. currants
½ lb. citron
½ grated nutmeg
1 tablespoon cloves
1 tablespoon mace
1 glass of wine
4 cups sifted flour
2 tablespoons flour
1 lb. raisins

Stir the butter and the sugar to a cream, then add the nutmeg, cloves, cinnamon and mace. Dissolve the soda into the sour milk, and add the molasses. Stir all these thoroughly. Next, put in the yolks of the eggs well beaten, next, the wine and brandy. Stir again, and add the four cups of flour (which has been sifted thoroughly) alternately with the whites of the eggs. Stir all thoroughly. Put the fruit together and add two tablespoonfuls of flour. Stir all into the cake mixture.

White Fruit Cake

1 cup sugar
Whites of 4 eggs
1 cup raisins
2 cups flour
½ cup butter
1 cup milk
½ cup citron
2 teaspoons baking powder

Stir sugar and butter together. Beat whites of eggs until light and add to sugar and butter, then add raisins, and citron, cut in small pieces, and rolled in flour. After adding the milk, stir in flour, which has been well sifted with baking powder. Bake in a moderate oven. Cover with icing as follows : Two tablespoons cream and pulverized sugar mixed in to make a stiff frosting. Flavor with lemon.

Christmas Cake

1 lb. butter
1 lb. sugar
1 lb. flour
4 lbs. raisin
1 lb. currants
1 lb. mixed peel (shredded)
1 lb. crystalized cherries
2 teaspoons melted chocolate
1 glass grape jelley
1 lb. crystalized apples (diced)
1 lb. almonds (cut fine)
12 eggs
1 tablespoon nutmeg (scant)
1 tablespoon cinnamon
½ tablespoon allspice
1 teaspoon cloves (scant)
2 tablespoons rose water
2 tablespoons baking powder (heaping)
1 glass grape juice

Soak the almonds over night in the rose water, and soak the fruit in the grape juice. Cream the butter and sugar, add well beaten yolks of the eggs, then the spices, grape jelly and chocolate. Add the stiffly beaten whites of the eggs and part of the flour sifted with the baking powder, mixing it into the cake in small quantities, add the nuts. Steam from 4 to 6 hours in small or large moulds and dry in a very slow oven for one hour.

Kelly's Ginger Ale — preferred by both guests and hostess.

FANCY DESSERTS

Other people besides children think that dessert should always be spelled with a capital "D". Many grown-ups look upon dessert as the most enjoyable and best course of the entire meal, and it therefore behooves the home-caterer to see that the dessert fits correctly into the menu, and either rounds out the meal with some additional food values, or adds a dainty refreshing or cooling touch to the meal, if the preceding courses have been very substantial. A good meal is rendered even better by a satisfactory dessert; a poor meal can be immeasurably improved, or a good meal can be ruined by the dessert, according as it is good or not.

Strawberries with Sea Foam Cream

½ cup powdered sugar
2 heaping tablespoons gelatine
1 qt. fine firm berries sprinkled with powdered sugar
¼ cup evaporated milk
4 tablespoons powdered sugar
1 cup cream

Wash berries carefully, hulled and sprinkled with powdered sugar. For the cream, whip a cup of cream to a froth, mix in lightly four tablespoons powdered sugar and set upon the ice. Soak two heaping tablespoons gelatine in one-fourth cup of cold milk for 10 minutes, then place over a tea kettle until thoroughly dissolved. Cool slightly and whip with a wire spoon for seven minutes; add slowly to the whipped cream beating steadily. Flavor with half teaspoon vanilla and set upon ice for 2 hours. When ready to serve, heap the berries in a glass dish and pile the cream upon them in spoonfuls. This is a very nice dish with any kind of fruit. Use a little salt in the gelatine.

Prune Whip

½ cup sugar
3 cups prunes
Whites of 4 eggs well beaten

Boil prunes. When tender remove the stones. Chop very fine. Add sugar and whites of eggs. Stir and bake twenty minutes. Serve with whipped cream.

Rhubarb Custard

1 bunch rhubarb
1 pt. milk
½ grated lemon
Sugar and salt to taste
3 eggs

Boil and mash rhubarb. Add eggs, milk, lemon, sugar and salt. Make rich pie crust and bake same as custard.

Spanish Cream

1 pt. evaporated milk
3 egg yolks (beaten)
Whites of 3 eggs beaten to stiff froth
½ box gelatine
5 teaspoons sugar
Flavor with vanilla

Heat milk and gelatine together. Add egg yolks, sugar to milk and gelatine. Cook until it thickens, then stir in whites of eggs and flavor with vanilla. Pour in moulds and when cold serve with sugar and cream.

Pineapple Jelly with Fresh Fruit

1 pt. or more fresh grated pineapple
1½ cups sugar
1 pkg. gelatine
1 pt. cold water
Hot water

Take pineapple, add hot water to make up a quart, add one and one-half cups sugar and boil ten or fifteen minutes. Meanwhile soak gelatine in cold water thirty minutes or more; then add the quart of hot mixed fruit and juice and stir it gently until the gelatine is dissolved. Set on ice to harden and until wanted to serve.

"Brodie's XXX Jelly Powder" makes delicious desserts in an instant.

CUSTARD DESSERTS

The following recipes have been chosen both for their deliciousness and for the ease with which they can be prepared. Their preparation entails little extra work, and the Bride will find them a great aid to her, particularly in an emergency. The Custard Powder recommended is one of the best known makes in Canada, is absolutely pure, economical to use, and makes success certain, if the directions are followed.

To Make One Pint of Plain Custard

1. First dissolve 1 heaping tablespoon of Brodie's XXX Custard Powder in 3 tablespoonfuls of milk so as to make a thin smooth paste. Then take the remainder of one pint of milk, bring it to a boil and add three tablespoonfuls of sugar, and, while the milk is still boiling, pour in the custard paste, all at once, after having stirred it well. Remove from fire and pour into Custard glasses or dish. This will make a rich smooth, creamy custard of medium consistency.

2. To obtain a heavier custard suitable for cake or pie filling, etc., boil the mixture for five minutes while stirring consistently.

3. As a filling for puff pastry, make the custard as above. Allow it to cool, and before placing it in the pastry, whip thoroughly as you would cream.

Important — Be sure that the milk is boiling well before pouring in the custard paste which must be stirred well just before adding it to the milk.

Apple Custard

6 apples
1 cup sugar
1 cup water
4 tablespoons lemon juice
1 pt. Brodie's Custard

Pare the apples, cut in quarters and remove the cores, add sugar, water and lemon juice. Cook until the quarters are tender, being careful to retain the shape. Take out the pieces of apples and cook the liquid until very thick, then pour over the apples, and set aside to jell.

Make a pint of custard with Brodie's XXX Custard Powder, directions No. 2, when cold pour over the apples. Top with whipped cream and decorate with a few preserved strawberries or candied cherries.

Chocolate Cream

1 pt. Brodie's Custard
2 tablespoons powdered chocolate

Prepare custard with Brodie's XXX Custard Powder according to directions No. 1, and before removing from stove add the chocolate. When cooked, pour into parfait glasses and top with whipped cream. Decorate with walnut or candied cherry.

Coffee Custard

1 pt. Brodie's Custard
1 tablespoon coffee essence

Prepare Custard with Brodie's XXX Custard Powder according to directions No. 1, and before removing from the fire, add the coffee essence. Stir well and pour into custard glasses and set aside to cool. Cover with shredded cocoanut before serving.

Banana Custard

1 pt. Brodie's Custard
2 bananas not too ripe

Prepare a pint of custard according to directions No. 1 and allow to stand for twenty minutes, not longer. Then peel the bananas, and cut them into thin round slices. Lay these slices simply over the bottom of a glass dish, and pour the custard gently over them so as to cover entirely the bananas.

Bread and Butter Pudding

Slices of buttered bread
1 tablespoon raisins or currants
1 pt. Brodie's Custard
½ cup milk

Place in a pudding dish sufficient slices of buttered bread to fill it. Add to this raisins or currants, the sugar, and moisten with milk. Bake in oven 15 minutes. Add 1 pint of Brodie's Custard prepared according to directions No. 2. Sprinkle top with shredded cocoanut and serve.

Bread Custard

1 pt. Brodie's Custard
½ of one grated nutmeg
½ teaspoon salt
1 cup grated stale bread
½ cup sugar

Make a pint of custard with Brodie's XXX Custard Powder according to directions No. 1 and while still boiling add the sugar. Remove from the fire, let cool for a few minutes then pour over the bread crumbs, grated nutmeg and salt. Stir well and pour in a greased pudding dish. Spread over the top with ripe apricots, halved and stoned, sift a little sugar over, and set under gas flame until sugar is melted and slightly browned.

Fig Custard

Wash one pound of dried figs, cut them in half, and stew them. Butter a baking dish and put the figs in with the seed side up. Prepare 1 pint of Brodie's Custard according to directions No. 1 and pour it over the figs. Place in a warm oven for 10 minutes then serve. Can also be served cold.

Nut Custard

1 pt. Brodie's Custard
½ cup fresh roasted peanuts, (shelled)
½ cup shelled almonds
Grated cocoanut

Prepare custard according to directions No. 2 and before removing from the stove, add peanuts and almonds. When cool, pour into custard glasses, and sprinkle with a little grated cocoanut. Serve either plain or topped with whipped cream.

Macaroon Custard

Dry out in the oven a dozen macaroons, roll, and sift. Beat these into one pint of Brodie's Custard prepared according to directions No. 1. Serve in small sundae glasses, with a garnish of any bright-colored preserve. This furnishes a dessert in an emergency or it may be used for a sauce, with blanc-mange, a gelatine jelly of orange or lemon, etc.

A Secret about Jelly Desserts

If you are ever in a great hurry to make a jelly dessert use this method. Fill a pint mould with shaved ice. Dissolve a package of Brodie's XXX Jelly powder in one cup of boiling water. Then pour over the shaved ice. Add a little cold water until the mould is almost full and when the ice has completely melted place in the refrigerator. This will give you a firm jelly in about thirty or forty minutes.

Mint Jelly

1½ cups water
1 cup mint
½ cup vinegar
½ teaspoon salt
1 pkg. Brodie's XXX Jelly Powder (lemon)

Bring water to a boil and add jelly powder, let cool until slightly thick. Add mint finely chopped, vinegar and salt. When almost set stir to prevent mint from sinking. Pour into flat mould. When firm cut into fancy shapes. Serve with cold lamb in place of mint sauce.

Personal Recipes

Your husband will ask for SNAP. Keep it handy in the kitchen and bath-room.

Personal Recipes

For cleaning anything that's really dirty — SNAP is better than soap.

Vi-Tone Junket

2 teaspoons Vi-Tone — Warm milk
½ junket tablet

Dissolve Vi-Tone in warm milk. Add junket tablet to a pint of warm milk. Pour into custard cups. Let stand in warm place until jellied.

Banana Whip

4 bananas — 4 tablespoons powdered sugar
4 tablespoons grape juice or jelly — Whites of 2 eggs

Peel and scrape bananas, force through a sieve; add grape juice, sugar and stiffly beaten whites of eggs; pile lightly in individual glass dishes, garnish with bits of jelly, and serve at once. All materials should be very cold.

Blackberry Mold

1 qt. blackberries — 2 cups water
½ cup sugar — ¾ cup farina
¼ teaspoon salt

Heat berries, sugar, salt, and water, and when boiling add farina slowly. Cook over hot water half an hour, turn into a mould, and serve cold with cream. Blueberries, either fresh or canned, may be used in place of blackberries.

Sea Moss Blancmange

¼ cup sea moss — ¼ teaspoon salt
1 qt. milk — 1 teaspoon vanilla
¼ cup sugar

Soak moss in lukewarm water for ten minutes; lift carefully from the water so as not to disturb any sand which has settled; rinse moss, drain well, add to hot milk, and cook in double boiler for half an hour. Strain through a fine sieve, add sugar, salt, and vanilla, and turn into a mould until firm. Serve with crushed berries, sliced bananas, or stewed fruit.

Charlotte Russe Filling

1½ cups thin cream — ¼ cup hot milk
1½ teaspoons gelatine — 3 tablespoons powdered sugar
2 tablespoons cold milk — ½ teaspoon vanilla

Whip the cream with a whip churn; skim off the froth as it rises and place in a fine sieve to drain; soak gelatine in cold milk, dissolve in hot milk, add sugar and flavouring. Stir occasionally until mixture begins to stiffen; then fold in the whip from the cream.

Strawberry Shortcake

1 qt. flour — 1 tablespoon baking powder
Butter size of large egg — Pinch of salt

Mix flour, baking powder and salt. Melt butter, mix with milk, stir in flour and roll soft with as few touches as possible. Divide in half. Roll each and bake in separate pans in a hot oven to a light brown. Spread each with butter and spread with berries that have been crushed with sugar and have stood for two or three hours.

Sunday Dessert

2 oranges — 1 pt. milk
1 tablespoon cornstarch (moistened) — 2 tablespoons sugar
2 eggs (yolks)

Pare oranges and cut into small pieces (place in a dish and sprinkle with sugar), boil milk, add yolks of eggs and cornstarch. Stir constantly and when cooked pour over the oranges. Beat the whites of the eggs, add sugar and spread over the custard. Brown lightly and serve cold.

VI-TONE, the Tonic food beverage with the malt chocolate flavor.

Spiced Fruit Jelly

6 apples
½ cup cranberries
¾ cup boiling water
1 cup sugar
1 tablespoon gelatine
¼ cup cold water
½ teaspoon cinnamon
¼ teaspoon cloves

Core and slice apples, and cook with cranberries and boiling water fifteen minutes; press through a sieve, add sugar, gelatine dissolved in cold water and spice. Stir until sugar is dissolved, pour into a mould, and put in a cool place until firm.

Chocolate Blancmange

2 cups hot milk
4 tablespoons cornstarch
¼ teaspoon salt
¼ teaspoon cinnamon
¼ cup sugar
1½ squares chocolate melted
Whites of 2 eggs

Scald milk; mix cornstarch, salt, cinnamon, and sugar; add slowly to milk and cook over hot water until thickened, stirring constantly; add chocolate and cook for fifteen minutes, stirring occasionally; fold in the stiffly beaten whites of eggs, and turn into individual moulds to chill.

Cream of Shortcakes

1 pt. flour
1 teaspoon salt
2 tablespoons granulated sugar (rounded)
2 teaspoons baking powder
2 tablespoons butter
1 cup cream
2 qts. strawberries

Sift all the dry ingredients together, then work in the butter by hand, and then add the cream and beat with a spoon. Bake in an oblong pan for twenty minutes. Split with hot knife, spread with butter and add two quarts of well sweetened and chopped strawberries and serve.

Rice Mold

1 cup rice
2 qts. boiling water
1 tablespoon salt
Grated rind of ½ orange
¾ cup powdered sugar
2 tablespoons grape juice
Juice of 1 orange

Cook rice in boiling salted water until tender; drain; mix with orange, sugar, and grape juice; press into a mould, and chill; turn out of mould and serve with cream.

Fruit Cream

2 bananas
1 orange
½ lemon
¼ cup boiling water
1 cup cream whipped
1/3 cup powdered sugar
1 tablespoon granulated gelatine

Press bananas through a sieve; add juice and pulp of orange, juice of lemon, sugar and gelatine which has been dissolved in hot water. Stir over ice water until mixture begins to stiffen, then fold in the cream. Put in mould and chill.

Tapioca Cream Custard

3 tablespoons tapioca (heaping)
Pinch of salt
Yolks of 3 eggs (beaten)
1 qt. milk
1 cup sugar
1 teacup water

Soak tapioca in water overnight. Place milk over a fire; let come to a boil, then stir in the tapioca, a good pinch of salt; stir until it thickens; then add sugar and the yolks of eggs. Stir quickly and pour it into a dish and stir gently into the mixture the whites beaten stiff, the flavoring, and set on ice.

"Brodie's XXX Custard Powder" makes delicious desserts in an instant.

Personal Recipes

Beware of gossiping tongues! Keep your bath-tub and wash-basin immaculate with SNAP.

Personal Recipes

Use SNAP for cleaning greasy pots and pans — SNAP dissolves grease with ease.

Lemon Tapioca

1 cup tapioca
2 cups hot water
Apples
1 cup sugar
Juice of 1 lemon
1 can pineapple

Soak tapioca overnight. Pare and quarter three or four Bellflower apples, and place in baking dish. Pour over the soaked tapioca and water and bake one hour. Put in lemon, sugar and tiny bit of salt, beating until smooth, after which bake fifteen minutes. Serve hot or cold with cream.

Pineapple Tapioca

1 cup tapioca
1 cup sugar
Whites of 2 eggs
1 pt. water
Juice of 1 lemon
1 can pineapple

Soak tapioca in water overnight. In the morning add one pint more water and cook until clear. Remove from fire and add one cup of sugar and juice of one lemon. Beat the whites of eggs very stiff and when the tapioca is cool, stir in the whites through it. Cut into small pieces the contents of a can of pineapple and over it pour the tapioca.

Cream for Tapioca : Heat one pint of milk to near boiling, then add the yolks of two eggs, a dessert spoon of cornstarch, one-fourth cup sugar and a pinch of salt. Flavor with vanilla. Cook until thick as cream and serve with tapioca.

Prune Souffle

1 lb. prunes
Whites of 6 eggs
1 cup pulverized sugar
Whipped cream

Steam prunes until very tender; press through colander. Fold in whites of eggs. Bake in greased mould in a moderate oven. Serve at once with whipped cream.

Jellies with Ripe Fresh Fruit

1 pkg. gelatine
½ doz. peaches or other fruit
1½ pts. hot water
Sugar
1 pt. cold water
1½ cups sugar

Pare and quarter ripe peaches, or other soft fruit, sprinkle with sugar and set on one side. Soak gelatine in cold water for thirty minutes; add hot water to dissolve it, then add sugar and lastly fruit. Set on ice to harden and until ready to serve. Whole raspberries and strawberries are very nice this way.

Fruit Blanc Mange

1 pt. canned fruit
½ cup sugar
1 cup water
3 tablespoons cornstarch

Heat the water, sugar and fruit, with juice, together, until it reaches boiling point. Stir in cornstarch, dissolved in water. Add to hot fruit and heat till cornstarch is thoroughly cooked. Pour into mould and serve with cream. Sour red cherries particularly good.

Glorified Rice

3 tablespoons rice
1 qt. sweet milk
1 pt. cream
Salt and sugar to taste
2 tablespoons gelatine

Cook rice in milk until soft. Then run through a colander, after which re-heat and add gelatine which has been soaked in cold water. Add sugar and salt, after which set away to cool. When cold, add cream which has been whipped very stiff. Pour in a mould to congeal. Serve with fruit syrup around it.

"Brodie's XXX Jelly Powder" makes delicious desserts in an instant.

How to Whip Jelly

Allow jelly to cool and whip just as it begins to set. Whip it until it has the appearance of whipped cream. Keep jelly cold while whipping by setting the dish on ice or in very cold water. A tin or aluminum dish is recommended for this purpose as it quickly admits the chill of the ice or cold water. A little cream may be whipped with the jelly at the same time if desired. This improves it very much.

Fruit Melange

½ cupful seeded raisins
1 pkg. jelly
1 pt. boiling water
½ doz. figs
1 banana

Dissolve Jelly, any flavor in boiling water. Cool until it thickens, stir in seeded raisins, figs chopped finely, and banana sliced thin. Put in mould and set in usual manner. Serve with whipped cream.

Fruit Whip

1 pkg. jelly
2 bananas
2 or 3 oranges
1 pt. boiling water
1 cup grated pineapple
½ cup shelled walnuts

Dissolve jelly, any flavor in boiling water. Allow to cool then whip, add bananas, grated pineapple, orange sliced fine and shelled walnuts. Turn into mould, and put in cool place to set.

Orange Jelly

1 pkg. gelatine
2 pts. hot water
1 pt. cold water
1½ cups sugar (or sweetened to taste)
2 teaspoons lemon extract

Soak gelatine in cold water for thirty minutes; then hot water, sugar, flavor with orange extract, and stir until sugar is dissolved. Set on ice until wanted to serve. In a similar manner other jellies may be made, using extract of raspberry, pineapple, strawberry, etc. In serving these jellies cut across and across, breaking it up into crystals and piling lightly in glass dishes. Eat plain or with cream and sugar; delicious with whipped cream..

Lemon Jelly

1 pkg. gelatine
2 pts. hot water
1 pt. cold water
1½ cups sugar (or sweetened to taste)
2 teaspoons lemon extract

Soak gelatine in cold water for thirty minutes; then add hot water, sugar, lemon extract and stir until sugar is dissolved. Set on ice to harden and let it remain on ice until ready to serve.

Snow Pudding

1 pkg. gelatine
1½ pts. hot water
2 teaspoons lemon or other flavoring
1½ cups sugar
Whites of 3 eggs beaten stiff
Pinch of salt
1 pt. cold water

Soak gelatine in cold water for thirty minutes; add hot water to dissolve: sugar and lemon or other flavoring extracts. Stir until sugar is dissolved, pour into very shallow dish and set on ice until it slightly jellies or thickens; beat to a stiff froth the whites of eggs and a pinch of salt, beat in the gelatine until light and frothy and set back on ice until ready to serve.

Sauce : Beat the yolks of the eggs with a cup of sugar and two teaspoons of cornstarch. Scald one quart milk, and turn it into the yolks, beat until it thickens, stirring all the time. Add vanilla and a pinch of salt and let it cool.

"Brodie's XXX Jelly Powder" makes delicious dessert in an instant.

Personal Recipes

Your husband will ask for SNAP. Keep it handy in the kitchen and bath-room.

Personal Recipes

For cleaning anything that's really dirty — SNAP is better than soap.

FROZEN DESSERTS

Ice Cream

1 qt. cream
1 pt. milk
2 eggs
2 cups sugar
½ cup flour
1 tablespoon vanilla

Sift flour and sugar together. Beat eggs and milk together, and put into double boiler. Add flour and sugar, and cook until custard is formed. Strain, and add vanilla, and freeze.

Ice Cream No. 2

2 cups milk
1 tablespoon flour
1 egg
1 tablespoon vanilla
1 qt. cream
1 cup sugar
¼ teaspoon salt

Place milk in double boiler. Sift sugar, flour and salt together, and add egg unbeaten . Pour hot milk into mixture, stirring all the time. Return to double boiler, and cook for fifteen minutes, stirring continually. Turn out to cool. Add vanilla and cream. Pack and freeze.

Peach Ice Cream

1 qt. peaches
2 cups sugar
1 pt. milk
1 pt. cream

Cover peaches with sugar, and let stand for one hour. Mix well, and rub through a potato ricer after sugar is entirely dissolved. Add milk and cream. Freeze.

Peach Ice Cream No. 2

1 qt. ice cream
1 qt. peaches
1½ cups sugar

Prepare ice cream according to recipe above, and partly freeze. Pare and cut fine peaches. Mash quickly with wooden masher. Add sugar, mix well, and stir into cream when sugar is well dissolved. Freeze.

Hot Chocolate Sauce for Ice Cream

1 cup cream
1 cup grated chocolate
1 cup brown sugar
1 cup white sugar

Mix cream, grated chocolate and sugar together, and boil for twenty minutes, stirring well. Just before removing from fire, add vanilla. Pour while hot over individual servings of ice cream.

Maple Ice Cream

Melt in a little water two cups of maple sugar, and boil for five minutes. Add to this four egg yolks, well beaten and one cup of milk. When cool beat into it one quart of cream to which four beaten egg whites have been added. Freeze as ice cream.

VI-TONE ICE CREAM

First Mixture (Custard)

1 cup milk
2 tablespoons sugar
Salt and vanilla
1 egg
1 teaspoon flour

Boil until it thickens.

Second Mixture

4 tablespoons Vi-Tone
1 cup cream

Add cream gradually to Vi-Tone. Mix together and freeze in ice freezer.

Vi-Tone the Tonic food beverage with the malt chocolate flavor.

Caramel Ice Cream

1 qt. whipped cream
1 cup sugar
⅛ teaspoon salt
1 cup milk
2 eggs
1 tablespoon vanilla

Put milk in double boiler. When hot, add sugar which has been browned. Stir in eggs, and boil until custard is formed. Add salt, and allow to cool. Add cream and vanilla, and freeze.

Lemon Sherbet

3 lemons
1 pt. cream
1 cup water
2 cups sugar
1 pt. milk

Mix juice of lemons, sugar and water together. Let stand for one-half hour until sugar is dissolved. Prepare freezer, and turn in milk and cream. Chill, and add syrup, stirring lightly. Freeze at once.

Lemon Ice

4 cups water
2 cups sugar
¾ cup lemon juice

Make syrup of sugar and water. Add lemon juice and freeze.

Milk Sherbet

1 qt. milk
2 cups sugar
3 lemons

Freeze milk and half of sugar together. Squeeze lemons, and dissolve remaining sugar in juice. Add lemon juice to milk, and freeze.

Milk Sherbet No. 2

1½ qts. milk
1 cup cream
3 lemons
2 cups sugar
2 egg whites

Mix milk, cream and sugar together, and partly freeze. Squeeze lemons, and add juice. Beat egg whites stiff, and fold in. Turn freezer slowly until frozen.

Maple Mousse

1 cup maple syrup
4 egg yolks
1 qt. whipped cream

Beat egg yolks, and stir in maple syrup. Cook over slow fire for three minutes. Allow to cool, and add whipped cream. Freeze for three or four hours.

Angel Parfait

½ cup sugar
½ cup water
1 pt. cream
3 egg whites
1 tablespoon vanilla

Boil sugar and water until a soft ball can be formed. Whip egg whites until foamy, but not stiff. Pour syrup in fine stream over them, beating until cold. Add vanilla, fold in cream which has been beaten stiff, turn into a quart mould, and pack in salt and ice for four hours. Serve in high glasses, and decorate with candied cherries.

Bisque Glacé

1 qt. cream
6 egg yolks
1 tablespoon vanilla
1 cup sugar

Put half of cream into double boiler. Beat sugar and egg yolks together until very light, and add to boiling cream until it begins to thicken. When cool, add vanilla, and pint of cream which has been whipped stiff. Put in moulds, and pack in ice and salt for four hours. Put strips of cloth dipped in paraffin around covers of can to keep out salt.

Order a case of Kelly's Ginger Ale for your next party.

Chocolate Frappé

1 qt. rich milk
¾ cup grated chocolate
1 cup sugar
1 pt. whipped cream
1 tablespoon vanilla

Place milk in double boiler, and stir in chocolate and sugar. Boil for five minutes, stirring constantly. Pour into earthen vessel, and add vanilla. Set on ice, and serve in glasses with chopped ice in bottom. Sweeten whipped cream, and cover each glassful with it.

Frozen Pudding

2/3 qt. milk
2 tablespoons flour
½ lb. cherries
1 tablespoon vanilla
2 tablespoons gelatine
2 eggs
1 pt. cream
2 cups granulated sugar

Soak gelatine in warm water for two hours. Scald milk in double boiler, and stir eggs, flour, and 1 cup sugar together, and add to milk. Cook for twenty minutes, and allow to cool. Add gelatine, other cup of sugar, cream and vanilla, and freeze.

Berry Mousse

2 cups any fruit pulp
1 pt. cream
Powdered sugar to suit taste
Ice
Tablespoon lemon juice
Coarse salt

Sugar mashed berries, ripe peaches or apricots pealed, and let stand for an hour. Put through a sieve and use 2 cups of this. The peach or apricot pulp must have the lemon juice added to keep fruit from blackening. Whip the cream, add sugar to make slightly sweet, about ¼ cup, then the fruit pulp. Turn into mould, cover closely to keep water-tight and bury in cracked ice and salt, using equal quantities of each, for four or five hours. This is much easier to prepare than ice cream and is delicious.

Tapioca Cream

3 tablespoons tapioca
1 pt. rich milk
2 eggs
½ cup granulated sugar
¼ teaspoon salt
½ teaspoon vanilla

Bring milk to scald in double boiler, cook tapioca in it one-half hour. Beat egg yolks with salt and sugar, turn a little of the tapioca mixture over eggs, then turn all quickly back in double boiler and cook until mixture thickens. Cool slightly, then fold in egg whites beaten stiff and dry. Chill, stir in flavoring and serve with or without cream.

Vi-Tone Mousse

½ pt. whipping cream
2 tablespoons milk
2 tablespoons Vi-Tone

Dissolve 2 tablespoons Vi-Tone with 2 tablespoons warm milk. Fold into whipped cream. Few drops of vanilla. Pack bowl in chopped ice and freezing salt.

Vi-Tone Marshmallow

2 cups white sugar
1 1/3 cups water
1 pkg. or ½ box gelatine
5 level tablespoons Vi-Tone

Mix ½ quantity of water with gelatine and Vi-Tone. Remainder of water in sauce pan with sugar. Boil until it hairs when tried with spoon. Remove from heat. Add first mixture with few drops of vanilla. Beat until creamy. Pour on Vi-Tone dusted pan about one inch thick. Allow to stand until firm. Cut in squares and dust in Vi-Tone or toasted cocoanut. This makes about 120 pieces.

VI-TONE, the Tonic food beverage with the malt chocolate flavor.

CANDY

Boston Cream Candy

1½ lbs. granulated sugar
½ pt. maple syrup
1 cup milk
1 cup cream
½ lb. shelled walnuts

Mix sugar and syrup together, stirring well. Add milk and cream. Stir well, and boil until mixture hardens enough so ball will form when a few drops are put into cold water. Remove from fire, and stir in walnuts. Keep beating until mixture becomes stiff. Spread in buttered pan, and allow to cool.

Butter Scotch

3 cups brown sugar
¾ cup water
1 teaspoon vanilla
2 tablespoons butter
⅛ teaspoon baking soda
1/16 teaspoon salt

Mix sugar and water thoroughly, and when beginning to boil add butter, vanilla, baking soda and salt. Continue to boil until a hair-like thread is formed when mixture is poured from spoon. Pour into hot buttered pans or plates, crease into squares, and allow to stand until hard.

Butter Taffy

1 cup molasses
1 cup sugar
1 tablespoon vanilla
2/3 cup butter
2/3 cup milk
1/16 teaspoon salt

Mix molasses and sugar, and stir until smooth. Stir in milk and vanilla, and add butter. Sprinkle in salt, and boil until a few drops poured into cold water become brittle. Pour into hot buttered pans, crease into squares, and allow to stand until hard.

Candied Orange Peel

4 oranges
1 cup sugar

Peel oranges, and slice peel very thin. Soak peel in cold water for two hours, remove, drain well, and cook in four tablespoons of water to which sugar has been added. Drain when done, and roll in sugar, taking care to keep each piece separate. Place on brown paper to dry.

Cream Candy No. 1

2 cups sugar
6 tablespoons water
16 whole cloves

Mix sugar and water and cloves. Boil until drops harden when dropped into cold water. Remove from fire, skim out cloves, and pull when cool.

Cream Candy No. 2

2 cups sugar
1 teaspoon vanilla
1 teaspoon cream of tartar
1 cup water

Mix sugar and water together until smooth, and add cream of tartar, stirring well. Cook mixture until a few drops poured into cold water become brittle. Add vanilla, and pour upon buttered paper. As soon as mixture cools enough to be handled, pull until fully hardened.

Molasses Candy

2 cups molasses
2 cups brown sugar
1/3 cup vinegar
1 cup water
2 tablespoons butter
1/16 teaspoon salt

Mix molasses and sugar together, stirring until smooth. Add vinegar and water, stirring well. Cook until boiling begins, and add butter and salt. Boil until a few drops poured into cold water become brittle. Pour into hot buttered pan, and as soon as mixture becomes cool enough to be handled, pull until fully hardened.

Order a case of Kelly's Ginger Ale for your next party.

Personal Recipes

Use SNAP for cleaning your bath-tub, wash-basin and kitchen sink.

Personal Recipes

SNAP is unequalled for cleaning kitchen utensils. Try SNAP — you'll be delighted !

Opera Creams

2 cups sugar
½ teaspoon cream of tartar
2/3 cup cream

Mix sugar and cream of tartar together, and add cream. Stir until sugar is entirely dissolved, then cook without stirring until a few drops of mixture poured into cold water form into a soft ball. Cool by placing cooking pan in cold water until bottom of pan can be touched, and then beat mixture to a creamy smoothness. Pour into buttered pan, and cut into cubes when it begins to harden.

Panoche

2 cups sugar
1 cup milk
½ teaspoon vanilla
1 tablespoon butter
1/16 teaspoon baking soda
½ lb. walnuts

Mix sugar and milk together, stirring until perfectly smooth. Add butter, and boil until a few drops of the syrup will form into a soft ball when poured into cold water. Add baking soda, and flavor to taste, taking care to stir continually while boiling. Pour into a buttered plate, and stir to a creamy smoothness. Knead, and roll out, and press in walnuts with rolling pin.

Pralines

1 lb. sugar
1 lb. nuts

Add enough water to sugar to cover it, and boil until syrup forms a hairlike thread when poured from spoon. Stir in nuts evenly, and drop on greased paper. Mould into cakes the size of a saucer, and allow to harden.

Peanut Brittle

2 cups sugar
2 cups shelled walnuts

Add enough water to cover sugar, and cook until sugar melts. When golden brown in color, add walnuts. Pour into hot buttered pans, crease into squares, and allow to harden.

What-Is-It Candy

3 cups brown sugar
1 tablespoon butter
1 cup black walnuts
1 cup molasses
½ cup water

Mix sugar, molasses and water together in deep saucepan. Cook slowly, and add butter when mixture is beginning to thicken. Remove from fire when a few drops of mixture poured into cold water will form into a soft ball. Pour into buttered bowl, add nuts, and beat well until nearly cold. Mould into loaf form, and serve in slices.

Cream Fudge

2 cups sugar
1 cup cream or milk
1 tablespoon vanilla
¼ lb. chocolate
1 tablespoon butter

Mix sugar and milk or cream together, stirring until smooth. Add chocolate and butter, and cook until a few drops of syrup dropped into cold water form into a soft ball. Remove from stove, flavor with vanilla, and stir until cool. Pour into buttered pan or plate, and when cold cut into squares.

Fig Creams

2 cups sugar
1 teaspoon vanilla
1 cup cold water
1 cup figs

Mix sugar and water, and boil until drops harden when put into cold water. Do not stir. Pour on unbuttered platter, and let stand for three minutes. Beat until stiff, add vanilla, and roll candy out. Spread figs on top, roll up like jelly roll, and cut into slices.

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Fudge

3 cups sugar
1 oz. chocolate
1 teaspoon vanilla
1 cup milk
1 cup chopped nuts

Mix sugar, milk and chocolate together. Boil until drops harden when put into cold water. Pour into dish, cool slightly, and beat with fork, adding chopped nuts when partly beaten. Set aside to cool.

Home Caramels

1 cup grated chocolate
½ pt. molasses
¼ cup milk
½ pt. sugar
2 tablespoons butter

Mix milk, grated chocolate and sugar together, and stir until smooth. Add molasses, stirring well, and cook until a few drops of the syrup poured into cold water form into a soft ball. Pour into buttered pan or plate, and when hardening begins cut into cubes.

Maple Fudge

2 cups brown sugar
½ cup sweet milk
½ cup chopped nuts
1 teaspoon butter

Mix sugar and milk together, stirring until perfectly smooth. Add butter, and cook without stirring until the syrup will form into a soft ball when a few drops are poured into cold water. Remove from stove, and beat until the syrup begins to crystallize. Pour into a buttered pan, and sprinkle with chopped nuts.

Marshmallow Fudge

2 cups granulated sugar
1 cup milk
1 sq. chocolate
2 teaspoons butter
⅛ teaspoon salt
¼ lb. marshmallows

Mix sugar and milk together, stirring until perfectly smooth. Add butter and salt, and drop in chocolate. Allow to boil, and stir until chocolate is dissolved. Mixture is done when a few drops poured into cold water will form into a soft ball. Take from fire, and add as many marshmallows as can be stirred in conveniently at one time. Beat until mixture becomes thick enough to harden when poured into buttered pan or plate.

Vi-Tone Fudge

5 level tablespoons Vi-Tone
1 lb. brown sugar
1 tablespoon butter or more
Vanilla
¼ cup sweet milk

Boil brown sugar, mill until soft ball forms in cold water. Remove from stove. Add Vi-Tone, butter and vanilla. Beat until creamy. Pour in buttered pan. Nuts may be added if desired.

Pulled Maple Taffy

3 cups maple sugar
Butter size of a walnut
1 cup vinegar and water in equal parts

Boil the sugar, water and vinegar until half done, then add the butter, stirring only enough to incorporate the butter thoroughly, and boil until done. Drop a little of the candy now and then into cold water and test by pulling it apart; if it snaps it is done and must be immediately poured upon a buttered dish to cool. Flavor with a little vanilla extract poured upon the top. When the taffy has cooled sufficiently to handle, it may be pulled, cut into short lengths and placed on buttered dishes or parafin paper.

VI-TONE the Tonic food beverage with the malt chocolate flavor.

Personal Recipes

Don't let your hands embarrass you ! SNAP makes them presentable in a second.

Personal Recipes

SNAP is preferred by all model housewives. It cleans quicker and with less effort.

SANDWICHES

Boston Sandwiches

Work one half-cup of fried and finely minced bacon into one pint of cold baked beans. Stir very smooth, and spread on slices of Boston brown bread. Serve hot or cold as preferred.

Brown Bread Sandwiches

Spread, and cut bread as for other sandwiches. Season sliced, chopped walnuts with salt, and spread on bread. Grated cheese mixed smooth with chopped walnuts and seasoned with salt is a delightful alternative.

Chicken Salad Sandwiches

Cut bread into thin oblong slices. Spread with butter, and cover with a layer of chicken salad and a piece of lettuce. Be sure to cut the chicken meat, celery, etc., in the chicken salad much finer than for ordinary purposes.

Cheese and Walnut Sandwiches No. 1

½ lb. cheese
¼ teaspoon salt
1/16 teaspoon red pepper
¼ lb. walnuts
1 cup mayonnaise dressing

Mix cheese, walnuts, salt and pepper together, and run through meat chopper. Stir in mayonnaise dressing, and make mixture soft enough for easy spreading. Cut bread very thin, butter, and spread with mixture. Serve with salad or alone.

Cheese and Walnut Sandwiches No.2

½ cup butter
¼ lb. cheese
¼ teaspoon salt
Pinch cayenne
¼ lb. walnuts

Cream butter, and add cayenne and salt. Grate cheese, and mix with creamed butter until very smooth. Slice walnuts very thin, and stir into mixture. Spread on thin slices of buttered white, Boston brown or Graham bread.

Club House Sandwiches

Toast thin slices of brown or white bread, butter lightly, and cover with slices of crisp bacon. Place other slices of toast on top of bacon. Cover with thin slices of chicken well seasoned. Place other slices of toast on top of chicken. Slice cucumber pickles cross-wise and place on toast. Add other slices of toast, and served.

Date and Nut Sandwiches

Remove stones and outer covering from dates, and mash with fork. Chop half as large a quantity of pecan nuts, and mix with dates, adding enough creamed butter to make a smooth paste. Season to taste with salt, and spread between thin buttered slices of bread.

Egg Sandwiches

Chop the whites of hard-boiled eggs into thin slices, and mash yolks with a fork. Mix yolks and whites, season to taste with salt and pepper, and moisten with mayonnaise or cream salad dressing.

Fig Sandwiches

½ lb. finely chopped figs
½ cup boiling water
1/3 cup sugar
2 tablespoons lemon juice

Dissolve sugar in water, and stir in figs and lemon juice. Cook until mixture thickens to consistency of paste. Then spread hot on thin slices of buttered bread.

Windsor Mayonnaise is invariably the choice of most particular housewives.

Ham and Chicken Sandwiches

1/3 lb. finely chooped ham
1 cup chopped olives
1 teaspoon onion juice
2/3 lb. finely chopped chicken
1 cup cucumber pickles
2 cups mayonnaise dressing

Mix ham and chicken together very thoroughly. Mince olives and pickles, stir into ham and chicken. Mix this combination with the mayonnaise dressing, and add onion juice. Spread on buttered slices of bread, and serve very cold.

Harlequin Sandwiches

Butter thin slices of white and brown bread. Build individual sandwiches of alternate layers of white and brown slices, and cut into picturesque shapes.

Lettuce Sandwiches

Mix finely chopped nuts or olives with creamed butter or mayonnaise dressing, and spread on thin slice of buttered bread. Place leaf of lettuce upon mixture, and cover with another slice of bread.

Nut Sandwiches

Mix minced roasted salted peanuts with mayonnaise dressing, and spread upon thin slices of buttered whole wheat bread cut into circular shapes.

Olive Sandwiches

Between slices of thin-cut buttered bread place a layer of Neufchatel cheese stirred into a thick paste with equal quantities of cream and salad dressing. Spread paste with a covering of chopped olives.

Russian Sandwiches

½ lb. Neufchatel cheese
1 cup olives
1 cup mayonnaise dressing
½ cup pecans
1 teaspoon salt
Pinch cayenne

Rub cheese into a paste. Mince pecans, and stir into paste. Mince olives, and stir into paste. Mix well with mayonnaise dressing, and spread on thin slices of buttered bread.

Salmon Sandwiches

Dress thin bits of salmon with lemon juice, salt and pepper, and place on lettuce between thin slices of buttered bread.

Biltmore Sandwiches

6 hard boiled eggs
½ cup nuts
2 tablespoons lemon juice
6 lettuce leaves
½ cup salad dressing

Chop whites of eggs fine. Mash yolks with a fork, and mix well with whites. Stir nuts in thoroughly, and mix with salad dressing. Place on lettuce leaves between thin slices of buttered bread, and season to taste with lemon juice.

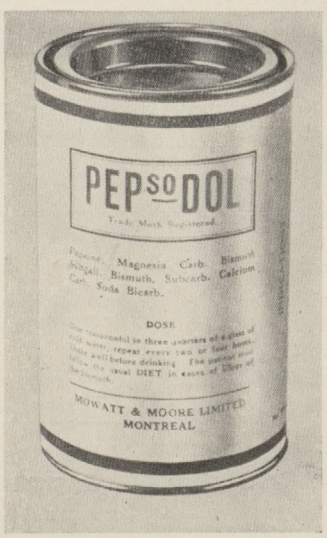
Sandwich Dressing

1 cup vinegar
½ cup sugar
1 teaspoon mustard powder
1 egg
2 tablespoons cornstarch
¾ teaspoon salt

Mix egg, sugar, mustard and cornstarch together. Heat vinegar, and as it comes to a boil, stir in above mixture. Stir in butter, season with salt to taste, and allow to cool.

Windsor Mayonnaise will make any good salad taste even better.

Personal Recipes



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MONTREAL

Personal Recipes

Use SNAP for cleaning tiled floors — quickly loosens the ingrained dirt.

BEVERAGES

Tea

Fill kettle with fresh water, and bring to boil. Pour hot water into tea-pot, and allow it to become warm. Empty out water, and place one teaspoon of tea for each cup desired into teapot. Pour on boiling water, cover immediately, and serve with sugar, milk or cream.

Russian Tea

Prepare tea as above, and serve with thin slice of lemon and sugar.

Cold Russian Tea

Prepare tea as above, let stand for two minutes, and pour off into pitcher or bowl. Add juice of one-half lemon and sugar to taste, allow to cool, and place on ice. Serve in glasses with cracked ice.

Tea Cup

1 cup strong tea
1/3 cup granulated sugar
1 pint soda water or ginger ale
1/3 cup orange juice
½ cup lemon juice

Boiled Coffee

1 cup fresh-ground coffee
1 egg
1 cup cold water
6 cups boiling water

Mix egg and coffee thoroughly together with one-half cup cold water. Add boiling water, and allow to boil for five minutes. Remove to side of stove, add one-half cup cold water, and let stand for five minutes. Serve with sugar and hot milk or cream at ordinary temperature.

Breakfast Cocoa

2 tablespoons cocoa
2 tablespoons sugar
2 cups boiling water
⅛ teaspoon salt

Mix cocoa, sugar and salt together, and stir in gradually boiling water. When smooth boil for five minutes until frothy.

Plain Chocolate

2 squares chocolate
4 tablespoons sugar
⅛ teaspoon salt
3 cups milk
1 cup boiling water

Melt chocolate, and add sugar, salt and boiling water. Boil for two minutes, add scalded milk, and beat with egg-beater to prevent scum from forming. Serve very hot with whipped cream.

Vi-Tone Egg Nog or Egg Shake

2 teaspoons Vi-Tone
1 cup milk
Salt and vanilla if desired
1 egg well beaten
Shake well

Pineapple Lemonade

1 cup sugar
1 can grated pineapple
1 pt. cold water
3 lemons

Boil sugar and water together, and add grated pineapple and juice from lemons. Cool, strain, and add to one quart of cold water. Serve in glasses filled with chopped or crushed ice.

Claret Lemonade

¾ tablespoon sugar
½ cup claret
6 drops lemon juice

Fill glass nearly full with fine-crushed ice. Add lemon juice, and pour in claret very carefully after shaking ice, water and lemon juice.

Vi-Tone the Tonic food beverage with the malt chocolate flavor.

Fruit Punch No. 1

1 cup sugar
2 cups water
4 tablespoons fruit juice
1 banana
1 lemon
1 pint mineral water
¼ pineapple sliced
1 cup strawberries
2 oranges
¼ cup maraschino cherries

Stir sugar into water, boil, and add fruit juice. Squeeze lemon and oranges, and add juice to sugared water. Hull strawberries, and cut into fine pieces, and add. Shred pineapple and add. Pour in mineral water, and stir vigorously. Set aside to cool, place on ice, and just before serving add maraschino cherries.

Fruit Punch No. 2

1 qt. water
2 cups sugar
1 cup orange juice
2 cups chopped pineapple
½ cup lemon juice

Put chopped pineapple and sugar in water, and boil for twenty minutes. Add lemon and orange juice, cool, strain, and dilute to required strength with iced water.

Sauterne Punch

1½ tablespoons sugar
1 cup sauterne
2 slices orange
1 slice lemon

Place sugar, lemon and orange slices in glass, and fill with fine crushed ice, Pour in sauterne, and mix well.

Mint Julep No. 1

1 bunch mint
2 cups ice water
4 cups water
6 lemons
2 cups sugar

Chop mint, and add ice water. Allow to stand overnight. Boil sugar and water, chill, add juice of lemons and water from mint. Fill glasses with crushed ice, pour in mixture, and serve garnished with mint leaves.

Mint Julep No. 2

1 bunch mint
½ teaspoon orange bitters
1 cup crushed ice
2 slices orange
2 strawberries
1 sherry glass Vermouth
½ cup whiskey

Place three sprigs mint with one-half teaspoon orange bitters in glass which has been chilled. Add Vermouth and whisky, and shake together well. Add crushed ice, and stir in order to crush juice from mint. Add slices of orange and strawberries, and a few uncrushed sprigs of mint. Add enough ice to fill glass, and serve when outside of glass is well frosted.

How to Make Grape Wine

Pick grapes from stems, crush them, one pint of water to a small basket of grapes. Let stand three days. Strain through a colander, add 3½ lbs. of granulated sugar to one gallon of juice. Let set and skim what comes to the top, when stops rising let settle and bottle.

Ginger Wine

Six gallons of water, 18 lbs. of white sugar, ¾ lb. of ginger. Boil 1 hour, skimming well. Pour in a large vessel to cool. When nearly cold add the juice of six lemons and the peel cut up finely. Cover a piece of toast with a tablespoonful of yeast and add it. Let it stand a day or two, then put it in a cask, adding four lbs. raisins. It must work three weeks before being bunged down. Add lastly ¼ ounce gelatine and one pint of brandy.

Kelly's Ginger Ale — preferred by both guests and hostess.

HOW TO PREPARE AND SERVE FRUITS AND NUTS

Fruits and Nuts

Fruit is especially wholesome, although not nutritious. The best time to eat nuts is in the morning. Most fruits are improved in flavor by being chilled. A dish of different fruits attractively arranged makes a very acceptable centre piece.

To Prepare Fruit For the Table

Apples should be washed and wiped dry. Berries should be looked over very carefully and, if dirty, washed by putting in a colander and allowing cold water to run gently over them, or place the colander in a bowl of cold water and raise up and down several times, then drain thoroughly and chill before serving. Bananas should be wiped and chilled.

Cherries should be looked over, and served with their stems on.

Currants should be washed and drained, and served on the stem.

Figs, if the dried ones, should be washed, drained and chilled.

Grape fruit should be cut in halves, the pulp loosened from the skin and the pith cut out, then chilled; it may be served plain, or sugar and wine may be poured over it just before chilling. Serve one-half grape fruit to each person.

Grapes should be washed if dirty, but the bloom is then lost; if picked on one's own vines, it may not be necessary to wash them; but when bought in the market it is better to wash, drain and chill them.

Peaches and plums should be wiped with a soft cloth, and chilled before serving. Quinces are never served raw.

Strawberries are often served with their hulls on around a mound of sugar; but if they are to be served with sugar and cream, of course they must be hulled and chilled.

Oranges may be chilled and served in the natural state; or prepared the same as grape fruit, and one-half served to each person; or peeled and the sections almost, but not quite, separated; or the orange may be cut in the shape of a basket, the pulp removed, the membrane cut off, and the basket refilled with the pulp, which may be sweetened or not.

Pineapples may be served in various ways; perhaps the most popular way is to cut off a slice from the top of the pineapple, then scoop out the centre with a fork, and return pulp to pineapple, put on cover, chill and serve. Or, they may be cut in slices, the outer skin removed, and the tough pith taken out, then served one or two slices to each person. If the pineapples are not fully ripe, it is better to remove the skin, pull the pulp in pieces with a fork, then cover with sugar and chill over night. Pears should be carefully wiped and chilled before serving.

Melons should be thoroughly chilled. Cantaloupes should be cut in halves, have the seeds removed, and served one-half to each person. Watermelons should be cut in halves, then each half cut in pie shaped pieces; serve one piece to each person.

Nuts are ordinarily served at dinner. Hard-shelled nuts should be cracked, served in the shell, or without the shell. Almonds are cracked, and a portion of the shell discarded, or they may be blanched and salted, and served with bonbons. Pecans, filberts, peanuts and walnuts are treated in the same manner as almonds. Castanas or Brazilian nuts are cracked and served in the shell.

Windsor Mayonnaise is invariably the choice of most particular housewives.

PICKLES AND PRESERVES

Bordeaux Sauce

1 qt. green tomatoes
2 qts. sliced cabbage
5 small sliced onions
1 red pepper
2/3 tablespoon tumeric
¾ teaspoon mustard seed
½ teaspoon celery seed
1 cup sugar
2 tablespoons salt
1 qt. vinegar
½ tablespoon allspice

Slice tomatoes thin, and let stand in water overnight. Measure after being soaked and not before. Add cabbage and onions to tomatoes. Chop red pepper very fine, and stir it into mixture. Add tumeric, allspice, mustard and celery seed, sugar and salt, taking care to mix all ingredients very thoroughly. Lastly, stir in vinegar. Place in large pot, and boil until all vegetables are tender.

Pickled Beets

2 doz. beets
1 cup boiling water
6 tablespoons sugar
1/16 teaspoon red pepper
1½ cup strong vinegar

Cook beets in salted water until tender, and cut them into small pieces. Add the vinegar to the boiling water, stir in sugar and red pepper, and mix them into the beets. Scald, and pour while extremely hot into jars or sealers, and seal immediately.

Catsup No. 1

1 peck tomatoes
4 red peppers
4 bay leaves
4 onions
2 tablespoons whole mustard
2 tablespoons ground cloves
2 tablespoons whole allspice
1 tablespoon horse radish
1 tablespoon whole mace
1 pt. vinegar
4 tablespoons salt
1 teaspoon white pepper
1 tablespoon ground mustard
1 cup sugar
½ teaspoon unground ginger

Wash, and slice tomatoes thin, and add red peppers which have also been sliced. Add bay leaves. Chop onions into fine pieces, and add, pound unground ginger. Add horseradish and mace. Tie mustard, cloves and allspices in a cloth or bag, place in water, and simmer gently for three-quarters of an hour. Press through a sieve, and return pulp to fire, cooking quickly to prevent color from being destroyed. Remove from fire when very thick. Add vinegar, salt, white pepper, mustard and sugar, and stir mixture into tomatoes. Cook for fifteen minutes, remove from fire, and pour into jars or sealers. Seal immediately.

Catsup No. 2

1 gal. tomatoes
4 tablespoons salt
4 tablespoons cinnamon
4 tablespoons allspice
4 tablespoons black pepper
4 tablespoons mustard seed
6 green peppers
2 tablespoons sugar
2 tablespoons ground mustard
1 qt. cider vinegar

Wash, peel, and rub tomatoes through sieve. Add salt, cinnamon, allspice, black pepper, mustard seed, peppers, and ground mustard in order given. Pour into porcelain kettle and boil until quantity has been reduced to one-half gallon. Pour in vinegar, and bring to a quick boil. Pour into jars or sealers, and seal immediately.

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Chili Sauce No. 1

27 ripe tomatoes
9 green peppers
3 onions
3 teaspoons cinnamon
3 teaspoons ground mace
6 cups vinegar
2 tablespoons brown sugar
2 tablespoons salt
3 teaspoons ground mustard
3 teaspoons ground cloves

Peel, and slice tomatoes, and add ingredients in order given. Place in large pot, and boil for one hour, stirring occasionally. While hot, pour into jars or sealers, and seal immediately.

Chili Sauce No. 2

4 doz. medium-size ripe tomatoes
8 medium-size onions
6 seeded peppers
3 pts. sugar
5 teaspoons ground allspice
5 teaspoons ground cloves
6 tablespoons salt
3 pints vinegar
5 teaspoons ground cinnamon

Peel, and slice tomatoes, and add sliced onions and seeded peppers. Be sure to slice tomatoes very fine, and chop onions and peppers in same way. Boil for one hour. Add cloves, allspice, cinnamon, salt, sugar and vinegar. Boil for one hour more, pour into jars or sealers, and seal immediately.

Chili Sauce No. 3

12 large ripe tomatoes
or
1 qt. canned tomatoes
2 onions
2 tablespoons sugar
4 ripe peppers
or
3 green peppers
2 tablespoons salt
1 tablespoon cinnamon
3 cups vinegar

Slice onions, add to tomatoes, and stir in sugar, peppers, salt and cinnamon. Be sure that all ingredients are chopped very fine. Place in large pot, and boil for one and one-half hours. While hot, pour into jars or sealers, and seal immediately.

Corn Relish

1 doz. ears corn
1 large stalk celery
1½ red peppers
1 tablespoon salt
1 tablespoon mustard
½ pint vinegar
¾ cup sugar

Cut kernels from cob, chop celery and peppers and mix well with corn. Dissolve sugar, salt and mustard in a small quantity of vinegar, and stir mixture into corn, celery and peppers. Add enough vinegar to cover mixture completely, and boil for twenty minutes. While hot, pour into jars or sealers, and seal immediately.

Cold Slaw

1 medium-size cabbage
6 stalks celery
3 eggs
3 teaspoons mustard
2 tablespoons butter
1½ cups vinegar
3 teaspoons sugar

Chop cabbage and celery very fine, and mix thoroughly. Beat up one egg, one teaspoon of sugar, and one teaspoon mustard in a cup. Fill cup with vinegar. Repeat this process with other two eggs. Melt butter in saucepan, and pour in vinegar and egg mixture. Cook until thickening begins, stirring continually, and pour over cabbage and celery. Mix thoroughly.

Windsor Mayonnaise will make any good salad even better.

Chopped Pickles

2 doz. green tomatoes
1 head cabbage
6 red peppers
3 lbs. light brown sugar
3 tablespoons ground cinnamon
1 tablespoon pepper
1 cup salt
6 bunches celery
1 doz. onions
½ cup white mustard seed
1 tablespoon cloves
½ tablespoon mace
1 qt. vinegar
1 qt. water
2 doz. green cucumbers

Chop the tomatoes, cucumbers, cabbage and celery separately. Then mix thoroughly, adding salt. Let stand two hours. Drain. Boil vinegar and water, and add half of the mixture to this and boil ten minutes. Drain. Put in the other ingredients and boil a few minutes longer.

Sliced Cucumber Pickles

6 doz. large cucumbers
6 red peppers
6 sticks horse radish
1 lb. brown sugar
¼ lb. ground mustard
¼ lb. white mustard seed
1 gal. cider vinegar
1 cup celery seed
2 qts. white onions

Pare, and slice cucumbers and onions separately, and let soak overnight in separate dishes of salted water. Wash, drain, mix and scald well. Chop red peppers and horse radish very fine, and stir into cucumbers and onions, mixing thoroughly. Stir in ground mustard, white mustard seed and brown sugar. Pour in vinegar, and add celery seed to taste. Mix thoroughly, and put into airtight jars

Sliced Cucumber Pickles No. 2

6 doz. large cucumbers
¾ gal. cider vinegar

Pare and slice cucumbers, and sprinkle well with salt. Let stand overnight in order to wilt thoroughly. Freshen in morning with cold water if too salted. Drain perfectly, and add enough vinegar to cover entirely. Put into airtight jars, and exclude from light.

Chow Chow

½ peck green tomatoes
1 doz. red peppers
15 large onions
1 oz. celery seed
Vinegar
1 doz. cucumbers
1 oz. cinnamon ground
¼ lb. white mustard seed
3 lbs. brown sugar
1 pt. grated horseradish
1 doz. green peppers

Cut tomatoes, green peppers, red peppers, cucumbers and onions very fine, and mix well. Cover with salt and let stand over night. Next morning drain well. Then add cinnamon, celery seed, white mustard seed. Put on and cook slowly for one-half hour in vinegar to cover. Next day drain off this vinegar and pour on more boiling vinegar, to which add three pounds of brown sugar, after adding horseradish to the chopped ingredients.

Currant Conserve

5 lbs. currants
5 lbs. sugar
5 oranges
3 lbs. seedless raisins

Pick currants from stems, and wash. Drain thoroughly, making sure that no water is left on currants. Mix with sugar until sugar is entirely dissolved. Peel, and cut oranges into small slices, and stir into currants and sugar. Stir in raisins, and cook until mixture becomes the consistency of marmalade.

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Personal Recipes

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Chow Chow Pickles

1 large cauliflower
1 qt. very small cucumbers used whole
1 qt. button onions
1 qt. small cucumbers cut lengthwise
1 qt. small green tomatoes cut twice
Few small peppers left whole or cut once

Scald the cauliflower and onions in milk and the rest in salt and water. Drain. Make paste of :

2 qts. vinegar
1 cup flour
6 tablespoons mustard
Enough tumeric powder to give colour
½ cup brown sugar

Cook in double boiler until it thickens. When cold pour over prepared pickles. Seal.

Cucumber Pickles

Cucumbers
Salt
Mustard
Vinegar
Horseradish

Wash cucumbers and place in cans, with small pieces of horseradish mixed thoroughly. To two quarts of pickles add one tablespoon coarse salt, one tablespoon of ground mustard, and cold vinegar, enough to cover. Seal, and in a few days they are ready for use.

Sour Cucumber Pickles

1 gallon vinegar
½ cup ground mustard
½ cup salt

Pour over as many small cucumbers as the vinegar will cover. Can be eaten in a few days.

Cucumber Mangoes

Cucumbers
Water
Brown sugar
Vinegar
1 cup salt

Select very large green cucumbers. Cut off an inch length from the stem end and remove the seeds. Fasten each piece with a tooth pick to the cucumber to which it belongs. Cover with a brine made in the proportion of one cup of salt to two quarts water. The next morning drain, rinse thoroughly in clear water, stuff with the filling and sew on top. Put in a stone jar and cover with boiling vinegar, using one-third cup brown sugar to each quart vinegar. Drain off the vinegar for three mornings, re-heat and pour over the cucumbers. Seal in jars the last day and keep cool.

Filling for Mangoes

6 green tomatoes
1 stalk celery
Sweet bell pepper with the seeds removed
1 teaspoon celery seed
3 cucumbers
½ cup salt
1 teaspoon curry powder
½ cup sugar
2 tablespoons mustard seed
1 small head cabbage

Chop fine tomatoes, cabbage, celery, cucumbers and sweet bell pepper with the seeds removed. Add salt and drain after two hours. Then add celery seed, curry powder, mustard seed and sugar. Mix thoroughly.

McCormick's Jersey Creams are best for all dishes calling for sodas.

Mixed Pickles

50 small cucumbers or 15 large ones cut in small pieces
2 qts. small silver onions
3 heads cauliflower cut
½ lb. French mustard
3 teaspoons tumeric powder mixed in Cold vinegar
2 qts. green tomatoes
3 green mango peppers cut
1 gallon cider vinegar
1 lb. brown sugar
1 cup flour
Mixed spices

Prepare cucumbers, tomatoes, onions, mango peppers and cauliflower separately. Put in salt water over night. Boil cauliflower in clear water until tender, also tomatoes and onions. Drain from water. Scald each in half vinegar and half water. Drain from that. Take one gallon good cider vinegar, one pound brown sugar; let come to a boil. Then add French mustard, flour and tumeric powder mixed in cold vinegar. Add to boiling vinegar, then add vegetables. Stir till it comes to a boil, then add mixed spices.

Mustard Pickles

4 qts. or 1 small basket pickles
½ cup salt
6 teaspoons mustard
1 cup flour
2 teaspoonfuls curry powder
2½ pts. vinegar
½ pt. water
2 teaspoonfuls tumeric powder

Peel and slice pickles, put in salt water for 24 hours, using ½ cup salt, enough water to cover. Drain well, make paste with tumeric powder, stir in vinegar. Add ½ pint water, bring to a good boil, put pickles in jars and seal while hot.

Mustard Mixed Pickles

1 qt. large cucumbers cut lengthwise
1 qt. little white onions whole
1 qt. green tomatoes sliced thin
1 qt. celery cut fine
1 medium sized cabbage chopped fine
1 qt. very small cucumbers, whole
1 qt. string beans, whole
1 large cauliflower, broken
6 green mango peppers cut fine

Place all in weak salt water twenty-four hours. Cook in same till tender, then drain while making dressing as follows :

1 cup flour
6 tablespoons ground mustard
3 qts. cider vinegar
1½ cups granulated sugar
1 tablespoon tumeric powder
1/3 teaspoon cayenne pepper
1 tablespoon celery seed

Boil until the flour is well cooked, stirring all the time to keep from burning. When dressing is done, pour over the prepared vegetables, bottle and seal warm.

Mustard Pickles No. 2

2 qts. small cucumbers
2 qts. green tomatoes
1 qt. wax beans
3 green peppers (chopped fine)
2 heads cauliflower
2 qts. small onions

Mix, and let stand over night in salt water, using half a cup of salt and water enough to cover. Cover and put weight on it. In the morning scald until tender in clear water, drain and pour over the mustard preparation. Mix one-half pound of mustard, one-fourth ounce tumeric, four cups vinegar, three teaspoons celery seed, and three-fourth cup flour. Slowly add three quarts vinegar and cook until smooth.

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Mustard Pickles No. 3

1 qt. small cucumbers
1 qt. large cucumbers cut in pieces
1 qt. large tomatoes cut in pieces
3 heads of cauliflower separated
6 red peppers cut in pieces
6 green peppers cut in pieces
2 qts, small white onions

Let stand over night in salt water, put in separate dishes. Drain in the morning and put on to cook in clear water. Cook until tender. The cucumbers should be under done. Make a paste of the following : 1 ounce tumeric powder, ½ pound of ground mustard, 2 cups of flour, 7 cups sugar, 1 gallon water. Pour this over all the vegetables, mix well and bring to a boil, and they are ready for jars.

Nine Day Pickles

Salt
Water
Vinegar
Brown sugar
Mixed spices
Small basket cucumbers

Make a brine, 2 cups of salt to a gallon of water, boil and pour over one small basket of seven pounds of cucumbers. Let stand for three days, drain off water and boil again, pour over pickles and let stand for three days more. Then drain the water off, wash off in clear cold water, put back in crock. Take enough vinegar and water, half and half, to cover pickles; boil this and pour over pickles, let stand for three days, drain off and throw away. Take three pints of vinegar, three pints brown sugar and five cents worth of mixed spices. Let boil three minutes, pack pickles in bottles, pour liquid over and seal while hot.

Watermelon Rind Pickles

Watermelon rind
1 teaspoon ground cloves
4 lbs. sugar
2 tablespoons ground cinnamon
2 qts. vinegar

Make a syrup of the sugar, vinegar, and spices tied in muslin bag. Pour boiling hot over the rind, which has the hard outside taken off, and has been cut into pieces one and one-half inches square. Next morning drain off the liquor, scald and pour again over rind. Repeat this for three mornings. Then seal in quart cans.

Relish No. 1

1 qt. raw cabbage chopped fine
2 cups sugar
1 teaspoon black pepper
1 qt. boiled beets chopped fine
1 tablespoon salt
¼ teaspoon red pepper
1 teacup grated horseradish

Cover with cold vinegar and bottle.

Relish No. 2

12 large cucumbers
12 large onions
1 head cabbage
1 qt. vinegar
1 tablespoon tumeric powder
½ cup salt
2 heads celery
4 green peppers
1 tablespoon curry powder
2 tablespoons mustard
1 qt. vinegar
2 pts. brown sugar
12 large green tomatoes

Sprinkle cucumbers, green tomatoes, celery, cabbage, peppers with salt, chop fine and let stand over night. Drain off in the morning. Make a paste of the vinegar, curry powder, tumeric powder, mustard, salt, vinegar, and brown sugar. Put with the first ingredients and cool slowly for one hour and bottle.

McCormick's Jersey Cream Sodas make all soups taste better.

Sweet Watermelon Pickles

Melon
4 lbs. granulated sugar
Cloves, cinnamon and allspice
1 cup raisins
1 qt. vinegar

Boil melon till done in clear water and drain. Make syrup of vinegar, granulated sugar, cloves, cinnamon, allspice and raisins. When at boiling point put in fruit and boil twenty minutes. Put one clove in each piece of fruit.

Piccalilli

2 gallons green tomatoes chopped fine
3 qts. cider vinegar
3 tablespoons white mustard seed
1 tablespoon ground cloves
1 tablespoon ground mace
2 tablespoons ground white pepper
4 pepper-pods
8 large onions
1 qt. granulated sugar
3 tablespoons black mustard seed
1 tablespoon ground allspice
2 tablespoons ground black pepper
1 tablespoon celery seed

Mix well together. Chop tomatoes fine and let them stand over night sprinkled with salt. Drain in the morning and then mix in the spices and boil until tender. One bushel of tomatoes makes this recipe about once and one-half.

Green Tomato Soy

2 gallons tomatoes, green and sliced without peeling
1 qt. sugar
2 tablespoons ground mustard
1 tablespoon allspice
1 tablespoon cloves
12 good sized onions sliced
2 qts. vinegar
2 tablespoons salt
2 tablespoons black pepper ground

Mill all together and stew until tender, stirring often lest they should scorch. Put up in jars or crock.

Celery Sauce

30 ripe tomatoes
10 large onions
6 cups vinegar
5 red peppers
15 tablespoons brown sugar
3 or 4 heads celery

Cut celery, onions and peppers. Fine boil, about one and one half hours.

Honey Fruit Jelly

Juice fruits such as strawberries, cherries, raisins, are crushed and cooked without water, while a little water is added for hard fruits — apples, peaches, etc., and just enough is added to prevent the fruits from sticking on the bottom (about one cup to a quart of fruits), rather less than more. Let the fruits cook till they are tender, then strain them through a flannel or two folds of cheese-cloth. Take care not to press the fruits if a clear jelly is to be obtained.

To a quart of strained juice add one pint of honey, let boil till two drops adhere to the spoon. Strain through a muslin and pour into sterilized jars. Let stand about twenty-four hours in the sun before covering with paraffin.

Grape Jelly

Water
Small basket grapes
Sugar

One cup of water to a small basket of grapes. Let cook until soft, strain through a jelly bag and measure cup for cup of sugar. Put sugar over to heat, bring juice to boil. Take off stove, add the sugar and beat with a spoon for one-half hour.

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Grape Jelly with Raisins and Nuts

Grapes
1 lb. raisins (cooked)
Sugar
1 lb. English walnuts chopped

The juice from one basket of grapes made into jelly. A bowl of sugar to same juice. When jelly is ready to put in glasses, just before removing from fire, add raisins, and English walnuts.

Honey Preserves

1 lb. fruits
1 lb. honey

Boil honey; skim, put in the fruits, let boil ten to fifteen minutes if small fruits, and till fruits are transparent if they are pumpkins, melons, pears, etc. Let cook in the syrup. Place into sterilized jars and sterilize a few minutes. This process gives a better appearance to the preserves.

Honey Fruit Preserves

2 cups honey
1 cup water
1 lb. fruits

Boil honey and water, skim. Simmer the small fruits from four to five minutes in the syrup. Let the fruits cool in the syrup. Place them into sterilized jars. Half cover and sterilize ten minutes. Cooking time of other fruits varies according to their nature. Once sterilized, tightly close the jars when taken out.

Jim Jam Preserves

1 qt. currant juice (two boxes)
1 lb. raisins (stoned)
1 qt. red raspberry juice (five boxes)
Juice of 2 oranges and rind cut fine

Mix; boil three-fourths hour. Put in jelly glasses.

Tomato Butter

Tomatoes
Cinnamon
Sugar
Cloves

To every seven pounds of firm ripe tomatoes (pared and sliced), add three pounds of sugar, an ounce of powdered cinnamon, and half an ounce of whole cloves. Boil for three hours.

Pear Conserve

8 lbs. pears
4 lemons
1 lb. crystallized ginger
8 lbs. sugar

Cut the pears into small pieces. Boil the lemons until soft enough to stick a pin into, and cut into small pieces. Cut the ginger into small pieces, mix all well together with sugar, and boil two hours. This is a delicious conserve.

Nut Conserve

2 pts. grape juice
4 oranges sliced thin
1 1/3 lbs. seeded and chopped raisins
2 lbs. sugar
1 lemon, juice and grated rind
¼ lb. filberts chopped not too fine
2/3 lbs. English walnuts

Dissolve sugar in the juice. Add the other ingredients and slowly simmer for one hour, or until a thick marmalade.

McCormick's Jersey Cream Sodas — the choice of most Canadian housewives.

Quince Honey

3 lbs. granulated sugar
1 pt. boiling water
4 grated quinces
Pulverized alum, the size of a pea

Put the sugar in the water and let it boil, then put the quinces in and boil twenty minutes and then put the alum in.

Ginger Pears

4 lbs. sugar
¼ can imported ginger root
4 lbs. pears (sliced thin)

Slice pears very thin. Boil slowly for two hours, having added sugar and ginger root, that have been mixed thoroughly.

Spiced Peaches

Peaches
Vinegar
Granulated sugar
Cloves

Select ripe but not soft peaches. For a half peck allow three pounds of granulated sugar and a pint of vinegar. Boil the sugar and vinegar twenty minutes. Put the peaches into hot water for an instant, and in taking them out rub the fur off with a coarse towel. Put them into the boiling vinegar, and boil until tender. Put them in jars or wide mouthed bottles. Boil eight or ten cloves in the vinegar, then put it on the peaches, not so hot as to break the jars. Two or three cloves stuck in each peach are not too many.

Plum Jam

1 basket California plums
1 box raisins
Juice of 5 oranges and rind of 2½
Juice of 1 lemon

Chop raisins and rind of oranges together. Cover plums with water and boil until tender, strain through colander, add raisins, orange rind, orange juice, and juice of one lemon. Then boil all together two or two and a half hours.

Plum Ketchup

5 lbs. plums (which is 4 qt. pail)
1 tablespoon cinnamon
1 teaspoon black pepper
1 tablespoon ground cloves
1 pt. vinegar
2 lbs. sugar
1 tablespoon salt

Nicely cover plums with water and cook until skin begins to break. Then put through colander and remove pits and skins. Mix together and boil until real thick and bottle.

Grape Ketchup

5 pts. grapes
1 pt. vinegar
2 tablespoons cloves
2 pts brown sugar
2 tablespoons allspice
1 teaspoon salt
½ teaspoon red pepper

Simmer grapes until real soft, put through a colander, add to these brown sugar, vinegar, allspice, cloves, salt and red pepper. Boil until thick.

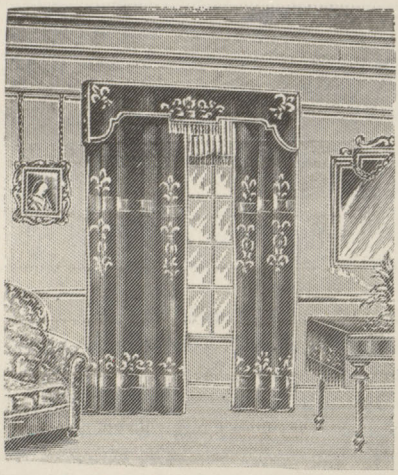
Tomato Soup

1 peck tomatoes
6 onions
¼ cup white sugar
1 large head celery
¼ cup salt
½ cup flour
Pinch of cayenne pepper

Boil tomatoes, celery, onions until tender, then put through colander, using the juice that comes through, mix with this flour mixed with cold water, cayenne pepper, bring to a good boil and seal while hot.

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Grape Fruit Marmalade

2 large grape fruit or 4 small ones — 3 lemons (cut fine)

Soak grape fruit in water while cutting up lemons. Slice fruit fine, using every part. Put all seeds in a cup of cold water and let it stand until ready to boil. Boil seeds in a cheesecloth bag. To every pint of fruit allow two and one-half pints of water. Let stand twenty-four hours then boil fast for one hour. Stand until next day. To each pint of liquid pulp allow one and one-fourth pounds of sugar. Boil until it jellies.

Grape Marmalade

Squeeze the pulp from the skins. Heat the pulp until it can be run through a coarse sieve to remove the seeds. Add to the pulp the skins. To a pound of pulp add three-fourths pound of sugar. Cook until smooth.

Orange Marmalade

½ doz. oranges — 1 pt. pie plant

3 pts. sugar

Peel the oranges and boil the skin until tender. Cut into small pieces the oranges, pie plant, and skin of oranges. Cook all together until it jellies. It must be quite thick.

Apple Marmalade

Apples with considerable flavor are best for marmalade. Wash, core, and cut apples in slices; put in kettle, add enough water to keep apples from burning. Cook slowly until mushy, press through a sieve, add equal amounts of sugar and apples, and flavor with orange or lemon juice. Cook until water is evaporated; fill glasses, and cover. All fruits may be made into marmalades by following the above directions. If the fruit lacks flavor, lemon juice, lemon rind, or ginger root may be cooked with the fruit.

Pear Marmalade

Pears — Sugar

Lemons

Peel large, hard pears. Cut into rather small cubes. To each pound of pears add three-fourths of a pound of sugar. Let fruit and sugar stand for a few hours, or until the juice has been extracted, then set on stove. To one dozen pears put six (or less if desired) lemons. Boil lemons until tender, squeeze out the juice and chop or slice the rind. Mix with the pears. Have a jar of preserved Canton ginger. Chop the ginger-root fine, add that and the juice to the pears. Cook until the pears become tender but do not mash the fruit. Do not cook dry. The syrup should be rich and thick.

Lemon Marmalade

2 grape fruits — 3 lemons (cut fine)

3 cups of water to each fruit

Let stand over night. Boil about one hour and the next morning add one and one-half cups of sugar to each cup of fruit. Boil until thick.

Peach Butter

18 peaches — 1 orange

Sugar — 1 lemon

Peel and pit peaches ,and grate rind of orange. Put oranges and peaches through chopper. Add juice of one lemon. Use one cup of sugar to one of pulp. Boil until thick.

"Brodie's XXX Custard Powder" makes delicious desserts in an instant.

PRESERVING

How to Can Fruits

Canned fruits are now more popular with most people than preserved fruits. The expense in preparing them is less, and the natural flavor is retained.

To prepare fruit for canning, look over carefully, reject imperfect fruit, and be sure that the fruit is clean.

The fruit may be cooked in a saucepan with just enough sugar to make palatable and water to keep the fruit from burning, and transferred to sterilized jars; or it may be put into sterilized jars in the first place, and cooked by steam — the latter method preserves the color and flavor better.

To sterilize jars, put jars into cold water, bring water to the boiling point, and boil ten minutes; fill jars with cooked fruit, and pour in syrup to overflowing; adjust rubbers and covers. Invert and let stand on folded cloth until cold; if there are no hot air bubbles, place jars in a cool, dark closet to keep. If air bubbles are present, take off cover, reheat, and add more hot syrup and proceed as before.

Canned Apples

4 lbs. apples
2 pts. cold water
1 lb. sugar
Juice and rind of 2 lemons

Pare and core the apples; cover with cold water. Boil sugar and water five minutes; add apples and simmer until tender; add lemon juice and rind; place apples in sterilized jars, fill to overflowing with syrup; adjust rubbers and covers; set in a cool place until cool, then keep in dark, dry closet.

Canned Blackberries

4 qts. blackberries
2 pts. sugar

Place sugar and berries in preserving kettle, let stand several hours, then cook slowly until the boiling point is reached; boil five minutes; fill sterilized jars and seal.

Canned Blueberries

Blueberries are canned the same as blackberries, allowing one-half cup water for every four pounds of blueberries.

Canned Cherries

4 lbs. cherries
1 to 2 lbs. sugar

Stone the cherries or not, as preferred. Place sugar and cherries in preserving kettle over night. Cook slowly until boiling point is reached, skim, fill sterilized jars, and seal.

Canned Peaches

4 lbs. peaches
2 lbs. sugar
1 pt. water

Pare peaches and cook in sugar and water, either whole or in halves, until tender. Arrange in jars, fill with syrup, and seal. Pears, pineapples and plums are canned in the same way as peaches.

Canned Raspberries

4 lbs. raspberries
2 lbs. sugar

Arrange berries and sugar in alternate layers in glass jars; set jars on trivet in large boiler two-thirds full of water; cover and cook until the water in the boiler boils vigorously. Remove jar; if berries have settled, refill from another jar, and seal.

Canned Strawberries

Prepare in the same way as canned raspberries.

Patronize the firms whose announcements appear in this book.

You Can Always Depend on Our Service



We Pack and Store — Furniture and Wedding Gifts during the absence of the Groom on the Honeymoon. We can do this on very short notice.

We Move — your household effects in spacious trucks, anywhere, on shortest notice.

We Ship — your effects to all parts of the world by the shortest route and at the lowest cost. We are part of a world-wide transportation system.

Your Pianos — are moved by experienced men at our own risk. We make a specialty of this line in city and surrounding country.

Diamond Truck Company Limited

HArbour 9175-76 - - 901 Craig Street East

MONTREAL

Personal Recipes

CANNING VEGETABLES

Beans

Wash, string and remove ends of beans. Cut in one-half inch pieces or leave whole; blanch five minutes; cold dip and pack closely in hot sterilized jars. Add one teaspoon salt to each quart jar. Cover with boiling water to overflowing, adjust rubbers and tops, and sterilize two hours. Young beans may be packed whole.

Beets

Wash beets thoroughly, leaving on roots and one or two inches of stem to prevent loss of colour. Blanch fifteen minutes in water that is kept boiling, or in steam if possible. Cold dip and remove skins, roots and stems. Pack closely in sterilized jars. Add one teaspoon of salt, one tablespoon vinegar and one teaspoon sugar to each quart jar. Fill jar to overflowing with boiling water. Adjust rubbers and covers. Sterilize one hour.

Carrots

Wash and scrub carrots. Blanch five minutes in boiling water. Cold dip, cut off roots and pack upright in jars as closely as possible. Add one teaspoon of salt to each quart jar. Fill jar to overflowing with boiling water. Adjust rubbers and covers. Sterilize two hours.

Cauliflower

Cut flowered portion into pieces small enough to be easily packed in jars. Place in water slightly salted, for one hour. Blanch three minutes then cold dip. Pack in sterilized jars. Add one teaspoon salt to each quart jar. Fill jar to overflowing with boiling water. Adjust rubbers and covers. Sterilize one hour.

Corn

Blanch the corn on the cob five minutes. Cold dip for one minute. Cut off the kernels, pack and press firmly into sterilized jars; add boiling water so that the corn juice may fill all spaces to within one-half inch of the top as corn swells during sterilization. Add one teaspoon of salt and one tablespoon sugar to each quart jar. Adjust rubbers and covers, and partly seal. Sterilize three hours.

Peas

It is of the greatest importance that peas for canning be young. Blanch, cold dip and pack one jar at a time. Wash and shell, blanch five minutes, then cold dip. Pack in sterilized jars. Add one teaspoon of salt and one teaspoon sugar to each quart jar, and fill with boiling water to overflowing. Adjust rubbers and tops. Partly seal. Sterilize three hours. A leaf of spinach on top of each jar before adding boiling water will help keep the bright green colour.

Tomatoes No. 1

Tomatoes may be packed closely in hot sterile jars, covered with water which has been boiled and cooled, and steamed twenty minutes; then filled to overflowing with boiling water and sealed; or they may be packed closely, without crushing, in hot sterile jars, steamed twenty minutes, then filled to overflowing with boiling water and sterilized twenty minutes longer.

Tomatoes No. 2

Peel tomatoes, cut into pieces; heat slowly to boiling point; cook until very soft. Skim and add, one teaspoon salt to each pint jar; seal in hot sterile jars. For convenience in making soups and sauces, tomatoes cooked this way may be strained. re-heated to boiling point, and sealed in hot sterile jars.

When shopping remember the good firms who made possible the gift of your book.

IMPORTANT FACTS REGARDING THE PROPER SERVING OF JERSEY CREAM SODAS.

As you probably know, one of the chief delights about Jersey cream Sodas, is their delightful dainty crispness, this condition being due to their having been baked at a very high temperature, thus causing a complete evaporation of all moisture.

This being the case, the biscuits of course absorb moisture very freely when exposed to the air and in this way soon lose their original pleasing crispness. In order to bring them back in their proper condition, we suggest that you follow the directions given below.

Place the required number of biscuits on a wire rack or in a flat tin baking dish, and after getting your oven well heated, put the biscuits in the oven, leaving the door slightly opened in order to allow the moisture to escape, and then bring them to baking heat. This should take about five minutes time, then remove biscuits from the oven and let them cool thoroughly before serving. Try this once and give yourself a real treat.

Souffled Crackers

Place ten or twelve Jersey Cream Soda Crackers in a flat dish and let them soak in cold water for ten minutes. Now take another flat dish and after greasing it well with butter, place the soaked crackers in it and then put about three-quarters of a teaspoonful of butter on top of each cracker.

Now put the dish in the oven and bake for a half to three-qaurters of an hour in a moderate heat, and then serve, either with or without a dash of Paprika. If desired, you may sprinkle a small amount of grated cheese over the crackers about three minutes before serving.

Cheese Monkey

Put one tablespoonful of butter in a chafing dish or a double boiler and when this is melted, add the following :

1 cup Jersey Cream Soda Biscuit crumbs
½ teaspoon of salt
A dessert spoon of Worcester Sauce
2 cups of grated cheese
A pinch of soda
A dash of red pepper
1 cup of milk

Cook this mixture for five minutes, stirring well while cooking, then add two eggs well beaten, and cook three minutes longer, then serve individually on Jersey Cream Soda Biscuits.

McCormick Oven-Kist Sweet Biscuits

Having such an excellent Soda Biscuit as "Jersey Creams" it is only natural that McCormick Oven-Kist Sweet Biscuits should also be of the very finest quality, and as there are about seventy different kinds to choose from, you are sure to find something to your taste. As a few particularly attractive lines, we suggest you trying the following : Thin Arrowroot, Assorted Sandwich, Creamy Chocolate, Chocolate Eclair, Honey Comb, Rich Butter, Golf, Mapleleaf, Cocoanut Creams, Palm Beach Wafers, Vanilla Wafers, Maple Nougali, Vegetized Wafers.

If your grocer cannot supply you with all of these lines, call us at Willbank 4157 and we will arrange to have you served.

Vitamins

The sum total of our knowledge concerning Vitamins may be stated in very few words. All we really know about them is that their presence in our diet guarantees health and that their absence brings about disease and even death. We know little of their true nature and of the manner in which they perform their valuable duties within our bodies. Despite years and years of unremitting labors scientists have only recently succeeded in isolating a single Vitamin so that it could be identified and labelled as such, and yet there is no factor in our diet more real and more worthy of our care and attention.

There are five of these Vitamins already known and labelled. For the sake of convenience they have been lettered respectively in the order in which they were recognized, A, B, C, D and E. Vitamin A, sometimes called "fat soluble factor A", or the "Eye" Vitamin on account of the dread disease, ophthalmia, which attacks the eyes when this Vitamin is absent from the diet, was one of the first of the Vitamins whose existence was difinitely established. It is found principally in cod liver oil, butter, yellow corn and milk, and supplies a reason for the use of cod liver oil, butter and milk in the diet of children especially.

Vitamin B exercises an important influence on the nervous system and in many of the digestive processes. Milk, fruit, the bran and germ of grains, yeast and many vegetables contain it and their use as part of the daily diet of young and old is very essential.

Vitamin C is Nature's antidote against scurvy once called the "sailors' disease" on account of its occurence among ships' crews. The presence of this Vitamin was first suspected when it was found that lemon or lime juice or a diet consisting of fresh food did away with scurvy. This Vitamin is very easily destroyed or its power weakened by exposure to air and heat. Care should, therefore, be taken to keep the tomatoes, oranges, lemons, lettuce, etc., which contain this precious Vitamin in a cool place.

Vitamin D is the great preventive of rickets and is found abundantly in Pure Cod Liver Oil. The ultra-violet rays of the sun also act as a preventive of rickets and for this reason Cod Liver Oil has been called "Bottled Sunlight". Doctors universally recommend the use of Pure Biologically-Tested Cod Liver Oil as part of the daily regime of all children, especially during the months of diminished sunlight, which in this country is from September to May.

Vitamin E was discovered when laboratory animals fed on a diet which was known to contain Vitamins A, B, C and D were found in a large number of cases to be sterile and without the power to reproduce themselves. Lettuce, rolled oats, whole wheat flour, milk fat and meat all have this necessary Vitamin.

Too much importance cannot be attached to this subject of Vitamins, and the Bride should on no account plan her and her husband's diet without due regard for their presence. Plenty of fresh vegetables, meat, eggs, whole grain cereals, butter, milk, oranges and lemons included in the diet is a guarantee that all the Vitamins are being supplied.

Ayerst Cod Liver Oil — builds you up and keeps you fit.

Calories

The Bride who wishes to place the right emphasis upon the question of health will make special efforts to provide a correctly balanced diet for her husband and herself. This means that besides paying attention to the body-building qualities, vitamin-content and other necessary factors in the food she serves, she will also make sure that it possesses the required energy-producing value. Every moment of the day and night, whether we are asleep or awake, our bodies are "burning up" energy at a terrific rate. Muscular movement, digestive processes, the never-ceasing flow of blood in the arteries, the breaking down and building up of tissues — these and other bodily functions are continually drawing upon our stored-up energy, and unless due care is taken to replace this expended energy, there will come an inevitable let-down to efficiency with a host of attendant ills in its wake. It is safe to say that a great deal of the inability to resist even trifling diseases, the lassitude and fatigue, nervousness, lack of ambition and other troubles, which handicap so many people in the social and business fields, are caused to a large extent by the eating of foods which are deficient in energy-producing qualities.

It is a comparatively simple matter in these days to supply the right amounts of energy-producing foods. Scientists have determined the quantity of energy furnished by all kinds of foods, and have set this down in terms of Calories. A Calory is simply a measure of energy, and is equivalent to the heat or energy expended in raising approximately two quarts of water one degree in temperature. The average person "burns up" from 2 500 to 3 000 Calories of energy in twenty-four hours, and a like number should be returned to him or her in the same period. Needs of course vary with the individual, and it is wrong to say that what will be satisfactory for one person will be satisfactory for another. People engaged in exacting physical toil will "burn up" a greater amount of energy than people engaged in sedentary occupations which involve little or no muscular activity. Seasons of the years also and different climates, with their varying temperatures, must be taken into account. Only experience and a close study of all influencing conditions will determine the number of Calories needed for health.

The carbohydrate foods, such as fruits, grains, vegetables, potatoes and other starches and sugars are our main reliance for the supply of energy, but confining of our meals to these alone would result in a diet unbalanced in other ways, so of necessity we must include protein and fatty foods, such as meats, eggs, cheese, butter, chocolate and various oils if we are to obtain a diet which will not only supply us with the required energy but will also keep the body in repair. One pound of carbohydrates, the foods whose primary purpose is to produce energy, contains about 1 800 Calories. One pound of protein food, which supplies the material for bones and muscles and tissues, contains about 1 800 Calories also, while one pound of fat contains about 4 000 Calories. According to the highest medical authorities, the best ratio in which to combine these is 1 : 1 : 4, that is, four parts of carbohydrate food to one part of fat and one part of protein. There is no need to attempt to measure these proportions out to the last part of an ounce. Reasonable care to keep close to this ratio is all that is required.

Ayerst Cod Liver Oil is pleasant to taste.

Preparing for Christmas

Christmas is the one holiday which thrills and captivates the hearts of young and old, rich and poor. Warm countries know the thrill and joy of it, but only in a country such as ours, does the celebration of Christmas reach its greatest beauty. Christmas would not be Christmas if the special customs and practices which have grown about the feast-day, year by year and century by century, were overlooked and neglected. It is more than worth while for us to spend some little time beforehand in making sure that we are going to overlook nothing that would make Christmas a happier day for our loved ones.

Six weeks or more before Christmas, sit down and make a complete list of all the preparations that must be made. No good purpose is served by delaying matters until the very last moment. Divide your list into sections under these headings. Guests; Food; Decorations; Gifts; Order of Day. Under the first heading you will put down the number of people who will be in your house not only on Christmas but for some days before and after the holiday itself. In this way, you will receive an accurate idea of how much food you are going to need. Under the heading "Food", make a list of all the meals you will have to serve in connection with your entertaining over the holiday season. Then take up each meal in turn, plan its menu, and estimate the food requirements. The Christmas Dinner, being the main meal of the year, deserves a list all by itself. Plan it most carefully. Take it course by course, and jot down what you need to buy, where you intend to buy it. Make sure that you have overlooked nothing, that you have thought of the nuts, bonbons, grapes, etc., indispensably part of a Christmas feast. When you have assembled all the items, arrange them into handy lists for shopping, items which can be purchased in one shop being grouped together.

Under the heading of Decorations, plan exactly how your home is going to look on Christmas morning. There should be a wreath or wreaths for the windows, some holly for the dinner table, and if there is to be a Christmas tree there will be tinsel ornaments, lights, etc., to procure. This is a good place to jot down exactly how much extra cleaning and laundry will be necessary.

Under "Order of Day" make a complete plan of the whole of Christmas Day. Many a perfect holiday has been spoiled because too much was left to chance. Figure out the appropriate rising-time, the time for breakfast, whether or not you will have the Christmas Dinner in the middle of the day, what amusements can be planned for the afternoon and evening, how you will arrange to bestow the gifts you are to give personally to members of the family. Little affectionately planned ceremonies leave a little glow in the heart for years and years afterwards, and it is a good plan to try to surround even the smallest part of the Christmas festivities with an aura of fantasy and charm.

After you have prepared your lists to the last item, then set down the time or the day on which you plan to attend to each one of them. Set aside a day for shopping for food, another day or days for buying gifts, another day or days for putting the house in order. Then when Christmas has come and gone, you will have the precious memories of the day alive in your heart, content that your loved ones spent a marvellous Christmas Day.

Send the Publishers the names of your newly-married friends, or brides-to-be.

The Art of Social Correspondence

Letter writing is one of the most useful and interesting of arts, and the time and effort which the Bride devotes to a study of the simple rules which govern all correspondence will be more than repaid in the increased clearness and effectiveness of her letters.

The most important thing to keep in mind is the necessity of making every letter a spontaneous and true expression of the writer's personality. Conversation, mannerisms, dress, etc., all show us as we are. Letters should likewise mirror our real selves. The following rules are simply guides; the Bride will adapt and change them within the limits imposed by her own good taste.

The paper and envelopes employed should be selected with the most discriminating care. There are so many different varieties and styles of writing paper now to be obtained that no one can have any difficulty in obtaining the exact quality, tint, size and shape desired.

Good form dictates certain well-defined usages as regards the set-up of all letters, and careful attention to these should be paid at all times. Social letters demand that the date be written either in the upper right hand corner or in the lower left hand corner. The date is preferably spelled out, the only permissible figures being those of the day and the year. In social letters, no address need be written on the letter itself, the salutation appearing by itself directly above the body of the letter, written even with the left hand margin. Care should also be taken to have the margin of the same width down the page, and the indentations marking the beginning of paragraphs also of the same length.

The following examples are given as guides for formal correspondence. They are couched in rather stiff language which can be altered in proportion as the intimacy between writer and recipient is more or less.

Montreal, Quebec,
March, third, 1932.

My dear Mrs. Jones-Smith :

It gives me great pleasure to accept your very kind invitation to spend the week-end of March 15 at your home. I shall leave Montreal as you suggested on the one o'clock train on Saturday, reaching Como at five minutes to two.

Need I say how much I am looking forward to my visit?

Very sincerely,
Mary Edith Burton

My dear Mrs. Jones-Smith :

I regret very much indeed that a previous engagement renders it impossible for me to accept your very kind invitation to spend the week-end of March 15 at your home. If it were at all possible for me to come, please believe that I should certainly do so.

Mary Edith Burton

My dear Mrs. Jones-Smith :

I wish to extend to you my very cordial gratitude for the enjoyable week-end I spent at your home. I took pleasure out of every minute of my stay, and returned home with the most happy memories.

Very sincerely,
Mary Edith Burton

Send the Publishers the names of your newly-married friends, or brides-to-be.

Cooking Helps

Meat should never be allowed to remain wrapped in paper, it absorbs the juice.

When grease becomes too hard, grate it and put it away in covered bottles; it is useful for macaroni.

A recent addition to the list of savory salts is onion salt, which is now put up in shaker cans or bottles for flavoring use.

Celery should be allowed to lie in cold water, to which a little salt has been added, for an hour before it is required for the table. This will make it very crisp.

Take bread scraps before they have become musty and dry them in the oven. When thoroughly dry, roll to a powder or put through the food chopper; put into jars for breading, etc.

To brown flour for gravies and soups, put a few tablespoons of flour evenly in the bottom of a baker's pan, over a moderate fire, stir until it has become a fine amber brown. Bottle and keep for use.

If you value your own and your family's digestion, don't serve tea with fish, the tannic acid hardens the fibre and makes it indigestible. It should not be offered with any form of fish, shell-fish or the articulate animals like lobsters and crabs. Iced tea and soft shell crabs are a combination that should be avoided.

Soda crackers are much more crisp if set in a hot oven a few minutes before serving.

To prevent the odor of cabbage or onions, throw red pepper pods into the pan they are cooking in.

When cutting new bread always put the knife in hot water first, and you will find that it facilitates the cutting.

A box filled with lime and placed on a shelf in the pantry and frequently renewed will absorb the damp and keep the air pure and dry.

Salt will curdle new milk, hence in preparing milk porridge, gravies, etc., the salt should not be added until the dish is prepared. Salt toughens meat if added before it is done.

As most of the people cook with gas, perhaps the following suggestions may be of help in the saving of gas : puddings, pies and beans can be baked well and at a small expense by using a small tin oven, such as comes for oil stoves. Place the oven over one of the single burners, and you will find it will give a very satisfactory bake with only a low flame. This little oven is fine for keeping the dishes warm and the victuals warm.

When lighting the gas stove it will often give a slight explosion and light wrong, thus causing no heat. Turn the gas off quickly and on again; it will then light properly without any further trouble.

To whip eggs well, they must be very fresh and cold.

If you have left boiled eggs in the water a little too long, break the top of the shell by tapping it with a spoon. This lets out some of the heat and the hardening process stops immediately.

Quantity of Material Sufficient to Serve Two Hundred People. –Two hundred rolls, four pounds loaf sugar, two and one-half pounds coffee, four quarts cream, four pounds veal loaf or four tongues, one ham, three turkeys, fourteen quarts creamed potatoes, seven cakes, eight quarts cabbage salad.

Warm Potatoes. — To heat left-over boiled potatoes, throw them for a few seconds into boiling water and they will taste like freshly cooked ones.

McCormick's Jersey Creams are best for all dishes calling for sodas.

Things Worth Knowing

Salt will remove stains from silver caused by eggs. Apply with a soft cloth.

The effects of ammonia on vegetation is very beneficial. If you desire your plants to become more flourishing, try it upon them by using six drops to every pint of water you give them. Do not repeat this oftener than once in eight days, lest you stimulate them too highly.

Ammonia is a most refreshing agent at the toilet table. A few drops in the bath will make a better bath than pure water.

Ammonia entirely absorbs all abnoxious smell so often arising from the feet in hot water.

No housekeeper should be without a bottle of spirits of Ammonia, for besides its medical value, it is very desirable for household purposes. With a pint of suds mix a teaspoonful of spirits ,dip in your silverware, knives, forks and spoons, and rub them with a brush and polish them with a chamois skin.

Two pounds of alum dissolved in three quarts of boiling water and applied to all cracks and crevices will keep out ants, roaches and bed bugs.

Jewellery. — Many jewels require an occasional sleep, in order to retain their brillancy; diamonds, rubies, opals and sapphires are among the number. They should be put away in total darkness now and then. The usual velvet or satin-lined cases are the correct receptacles. It is best to wrap them in jeweller's tissue paper, then pack them in wool and lay away in air-tight compartments. A number of stones are seriously affected by fumes from the furnace, sewer gas, moisture and sea air.

Care of Bathroom.— Plenty of fresh air and a generous flushing of pipes, using disinfectants every two weeks at least. Copperas is the best. Dissolve a couple of pounds of crystals in a gallon of water, pouring it down the drains while hot. It has no odor but will stain any clothing, and must be used with care.

To prevent portieres catching under the door when opened quickly, screw a small ring (such as is used for picture frames) into the centre of the door frame and to this fasten a blind cord sufficiently long to reach to the bottom of the curtain. Put another ring in the centre of the door at the top, thread cord through and fasten to bottom of ring. As the door is opened the curtain rises.

Carpets in rooms which are seldom used are apt to be attacked by moths. Salt sprinkled around the edges and well under the carpets before being put down will generally prevent their ravages. Plenty of light and air should be admitted into the rooms, as moths favor close, dark places.

Tapestry-covered Furniture. — To clean this, first brush thoroughly; then add a teaspoonful of ammonia to a quart of water. Wring a cloth out of this and sponge thoroughly, rinsing and turning the cloth as it gets dirty, changing the water when necessary. This freshens and brightens it wonderfully.

To Renovate Leather Furniture. — Wash it with soap and water, and when dry apply a little vaseline, rubbing it well in with the hand. Let it remain till next morning, then polish with a soft duster. This treatment will prevent the leather from cracking.

—— Rogers Furniture Polish is best for all lacquer, varnish and enamel surfaces. ——

SNAP Saves Time and Energy

——— Because it cleans so quickly and easily

SNAP will keep your bath-tub and wash-basin bright and shiny—your kitchen sink and kitchen utensils immaculate.

SNAP removes the stains of housework from the hands and keeps your skin smooth and soft.

◆

SNAP is sold only in the grey and blue tin. Anything else is an imitation.



Personal Recipes

Those tired, aching feet feel cool and rested when you bathe them with SNAP.

Coal that is kept in a dry and airy place will burn much longer than that which is kept in a close cellar, with no ventilation. When coal remains long in close, airless places, it gets rid of its gas, and the absence of this renders it less powerful and more wasteful when burned.

Ice Boxes. — Few housekeepers pay the attention they should to their ice boxes. An ice box can be kept in perfect condition if it is thoroughly cleaned once a week, but twice is better. The box should be thorougly washed with strong soda water, and the drain pipes should be washed out. An ice box should always be full of ice. It is the poorest economy to allow the supply to decrease, and if sufficient ice is provided, the box can be kept at an even temperature, which insures the preservation of the food it contains. There are people who, from a false idea of economy, fail to get the best results from the use of ice and refrigerators. A common mistake is getting a small piece of ice every day or every other way, instead of filling the ice chamber two or three times a week. The small piece of ice cannot reduce the temperature sufficiently, and the result is that each new piece melts rapidly and the food cannot be kept.

To darken brown boots and shoes that have seen their best days, rub all over with a piece of clean white flannel wet in ammonia. Do this twice, then polish with the usual brown liquid. They will look as nice as ever.

Kerosene will soften boots and shoes that have been hardened by water and make them pliable as new.

To make calico wash well, infuse three gills of salt in four quarts of boiling water, and put in the calicoes while hot, and leave till cold. In this way the colors are rendered permanent and will not fade by subsequent washings.

To brush silk goods, use a piece of black velveteen about a quarter of a yard large. This makes a most satisfactory brush removing all dust perfectly and yet does not injure the fabric.

To keep ants, moths or other insects out of the pantry or closets, sprinkle the shelves and corners with sassafras oil, and they will soon bid you good-bye.

Tissue paper should never be thrown away. Save it for polishing windows and mirrors, or for removing the first coat of grease from dishes previous to their immersion in the dishpan. Never use soda for washing dishes which have any gilding on them, for the soda will in time remove it all. Instead of soda use a little soap that has no bad effect.

To take white spots from varnished furniture, hold a hot plate over them and they will disappear.

For washing windows and mirrors, take a piece of paper and put a few drops of ammonia on it. This will readily take off all fingers marks on the glass.

A Paint-Stained Dress. — If you happen to get wet paint on your dress, rub the dress with another piece of the same goods and the stain will entirely disappear. You can use another piece of the same garment. What happens to the paint is hard to say, but it certainly disappears.

To clean sponges, wash them in diluted tartaric acid, rinsing them after in water. It will make them white and soft.

Rogers Furniture Polish is best for all lacquer, varnish and enamel surfaces.

Blue ointment and kerosene mixed in equal proportions and applied to the bedsteads is an unfailing remedy for bedbugs, as a coat of whitewash is for a log house.

To prevent flannels from turning yellow, lay pieces of white wax in the folds of white flannel or swiss muslin.

To remove ink stains apply lemon juice and salt and lay the articles in the sun.

To take spots from wash goods rub them well with the yolk of an egg before washing.

Salt and beeswax will make rusty flatirons as clean and smooth as glass. Tie a lump of wax in a bag and keep it for the purpose. When the irons are hot rub them first with the bag, then scour them with a piece of cloth sprinkled with salt.

The Care of the Piano. — Have it tuned at least once every six months. Make it your business to know that your tuner has had factory experience. Let the ivories or keys be exposed to the light as much as possible, to prevent them turning yellow. When polishing or cleaning the case do not use these so called "cure alls". Get from those who are making this their specialty. This is important. If your piano is marred or scratched do not attempt to overcome it yourself, but call in a workman in that line. It is decidedly cheaper.

To remove rust stains from matting, cover the stain with paper and place a warm iron on this. When the spot is warm dip a glass rod in a bottle of muriatic acid and go over the rust spot with it, wetting every part with the acid. The spot will turn a bright yellow. Instantly wash it with an old tooth brush dipped in boiling water and rub dry with woollen cloths. Before beginning to work have all the appliances ready, and then work rapidly from start to finish. Muriactic acid always corrodes metals, therefore keep the bottle corked tight when not using it. Two or three ounces will be ample.

To clean straw matting, use a coarse cloth dipped in salt and water. Wipe dry. The salt will keep the matting from turning yellow.

To remove paint and putty from window glass put sufficient saleratus into hot water to make a strong solution and with this saturate the paint or putty, which adheres to the glass. Let remain till nearly dry, then rub off with a woollen cloth.

To brighten copperware, a little crushed borax if sprinkled thickly on a flannel cloth that is wet with hot water and well soaked will brighten the copper like magic.

Grease Marks on Wall Paper. — These can be removed by applying a mixture of paste of pipe clay and water to the stains, and allowing this to dry all night, or day. Then the powder should be gently brushed off without scratching the paper.

Polish for Oilcloth. — Save all candle ends and melt in the oven, mix with it sufficient turpentine to make a paste. This is excellent for linoleum.

Rogers Furniture Polish is best for all lacquer, varnish and enamel surfaces.



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Personal Recipes

Brushes and Combs.— Put a teaspoonful of ammonia in a quart of water. Wash your brushes and combs in this and all dirt and a grease will disappear. Rinse, shake and dry by the fire or in the sun.

To Clean Carved Ivory Articles. — The beauty of carved ivory articles is frequently spoiled on account of dust which collects in the interstices, so those who possess them will be pleased to hear of an excellent method of cleaning the ivory effectually. A paste should be made of sawdust, water and a few drops of lemon juice. This paste should be applied thickly all over the carving, and be permitted to dry on. When finally brushed off with a soft, firm brush, the preparation will be found to have left the ivory pure and white once more.

A good china cement is made by mixing with a strong solution of gum arabic and enough plaster of paris to make a thick paste. This should be applied with a camel's hair brush.

Chintz Covers will renew the charm of the out-of-date Morris chair, and make it adequate and attractive for porch use.

Rust Proof. — If new tin utensils are greased slightly and warned slowly without burning, they will not rust.

Time saver. — It is the small, decorative objects in a room which take the most time to dust. Put away all useless things for the summer and save time and labor.

Spotless Windows. — Windows should be dusted just like furniture and washed often to allow the beneficial sun's rays to penetrate properly.

Clothes Brushes. — Whisk brooms, clothes brushes and hat brushes can be cleaned easily by dipping up and down in warm water with a little soda in it. Dry in sun.

To disinfect a room from the smell of tobacco or closeness, place in an open mouthed jar one-half teaspoonful spirits of lavender, and a lump of salt of ammonia, leaving it uncovered. It is excellent.

Worms in Cats. — Cats become sick and vomit long white worms together with other matter. Disease generally proves fatal in a few days. Give on an empty stomach, two mornings in succession, five grains of areca nut and follow the second in two hours with a teaspoonful of castor oil.

To Brighten your Kitchen. — If your kitchen is a dead white, paint the back of your shelves some gay color, such as butter yellow, and put up chintz or gingham curtains the same tone. Dead white tires when not relieved by color.

Flower vases can be easily purified and cleansed by rinsing them out with warm water and powdered charcoal.

A box filled with lime and placed on a shelf in the pantry and frequently renewed, will absorb the damp and keep the air pure and dry.

Freshen the house by putting a few drops of oil of lavender in an ornamental bowl, then half fill it with very hot water. This will give a very delightful freshness to the atmosphere.

If our lady readers wish to keep a bouquet fresh, let them drop a teaspoonful of powdered charcoal into the water intended for the flower stalks, and they will keep their freshness and perfume for several days, and look and smell the same as those just gathered. The charcoal settles to the bottom of the vase, the water remaining clear.

Floors that are oiled, whether wood or linoleum, should be wiped with a cloth wet with kerosene, not with soap and water. Water dulls the finish.

Rogers Furniture Polish is best for all lacquer, varnish and enamel surfaces.

Selection and Care of Linens

The shimmering softness of delicate damask, - snowy-white sheets; the inviting fleeciness of blankets and towels, are to-day within the financial reach of every Bride. Modern manufacturing processes and a more efficient system of marketing, have combined to reduce the former prohibitive cost of fine linens, until the best, costs comparatively little more than the shoddy.

There is atmosphere in the home of the fastidious Bride who takes pride in her beautiful linens, for they create an environment all their own; and by purchasing judiciously, the Bride can secure within a very short space of time, an adequate supply of linens for her entire home needs. However, the preservation of these linens, will depend on the sort of laundering they get, and for this reason, the choice of a superior laundry is of prime importance.

The Bedroom. The linen requirements will of course, vary with the size and furnishings of the home, but a safe rule to follow in buying Bed-linen, is to have two pairs of each article, and one to spare, for each bed. The life-long wear of linen, and the cool, restful sleep it affords, make it the best of investments. Sheets and the accompanying pillow slips may be bought plain, or with hemstitched or embroidered borders.

The Dining Room or Breakfast Room. Table linens, being more in the public eye than any of the others, special care should be given to their selection. Linen damask cloths and napkins to match, supply a luxurious background for the meals, and dignify any dining room. A word of caution to the Bride — When buying table linens, be careful not to buy linen of the " tight-edged " variety. It may seem perfect when bought, but after several launderings, the edges will become uneven. There is satisfaction gained in shopping at a reliable store, where the salesman will be glad to discuss the problem of unequal shrinkage which may occur later on, as well as give valuable information concerning the relative merits of various kinds of table linen. Another hint — Choose your table linens with an eye for the silver, china and crystal so as to achieve an harmonious and pleasing ensemble. Linen mats; luncheon and bridge cloths with their accompanying serviettes; doilies and runners — form a pleasant variation from the conventional large cloth, for luncheons and informal meals.

The Towels. In purchasing Towels, select a better grade, even if it is more expensive, for it will far outlast the cheaper one. Ask for a 2-ply ground warp — that is the best for longest wear. A certain colour scheme carried through all the linen appointments, can also be evinced in the choice of guest towels, Turkish towels, Bath sheets and Mats for the Bath Room.

The Curtains. When it is necessary to choose curtains for durability as a deciding factor, it is advisable to buy the sort of curtains which can be reversed end for end, having hems of proper width for convenient use; as the lower part of the curtain shows wear sooner than the upper on account of direct exposure to the sunlight and all kinds of weather.

Laundering. If the Bride hasn't the proper equipment to launder her linens at home, the best advice we can offer, is for her to send her linens to a reputable laundry, where she may rest assured, they will receive the best of professional care, and where they will be washed and dressed with a beauty of finish and thoroughness that only skilled laundresses can give. The hard water that runs through our taps has a tendency to gray white fabrics and to dull light colours. Rainsoft water, such as is used in the modern laundry, gives the best results.

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Flowers in the Home

Their Care and Their Arrangement

To the Bride who has just furnished her home comes the conviction of incompleteness. She senses the need for living objects. A growing plant or a few simple flowers on the table is ever a step in the right direction.

Flowers contribute to culture. To people living within the restricted confines of the modern apartment, they supply that craving for nature which is inborn in every human.

The Culture of Flowers

This is, today, the business of specialists. Retailers in large cities do not grow the flowers they sell. Roses come from the rose grower; carnations from the carnation grower; ferns from the fern specialist. Greater perfection of stock, lower production cost and lower retail prices are the direct results.

Cut Flowers

As soon as you receive flowers, cut a piece off each stem with a sharp knife and place the flowers in a deep vase of water. Flowers keep longer in a cool place, if they are kept far from radiators and out of drafts. Should flowers wilt, roll them in paper and submerge them in water; they will regain their fresh stiffness in an hour or two.

Selection and Arrangement

Flowers of yellow, scarlet or pink may be used in any light. Crimson, violet or blue flowers must be used in a bright room, or arranged in combination with brighter blooms. It is simpler to use one colour only, to harmonize with surroundings; if two colours are preferred, these should blend or contrast with one colour predominating.

Arrange flowers in a " Daisy " displayer, in a wide bowl or vase — the long-stemmed blooms first, to create an outline or contour, and fill in gradually with the shorter stems. Or, if only a few blooms are used, cut the stems to varying lengths to get this effect.

Though flowers for the tea table, buffet or breakfast table may be of any desired height, those used for the dinner or luncheon table must not obstruct the line of vision when one is seated — or not more than 12 to 14 inches high.

If several flower arrangements are used, these may be alternately high and low. The lowest flowers in a high arrangement must be 20 inches from the table. Their height usually depends upon the length of the table and the number of centrepieces used. This type of decoration should be left in the hands of an expert.

Care of Plants

Most foliage plants require submersion to top of pot in a bucket of water, every four days. Ferns need spraying; palms and rubber plants should be sponged with mild soap and water every few weeks. A light, well ventilated room is necessary to vigorous growth. Most blooming plants should never become dry ; they require daily watering. Do not allow a plant to stand continually in water; the soil will sour and roots will rot.

Plant-pills to induce stronger growth, and insecticides to destroy insect life, are obtainable at all flower or seed stores, in convenient small packages.

" Say it with flowers ". Place your order with Chas. J. Hill, Reg'd.

Pictures in the Home

The bride who wishes with all her heart, as most brides do, to be mistress of a beautiful, attractive home, cannot afford to overlook a single detail in the furnishing of it. Least of all can she afford to be negligent when it comes to the question of selecting pictures. Nothing else in the home, no matter how much it costs, plays such an important part in the establishing of atmosphere. The right picture, framed appropriately and hung in a favorable spot, will add a crowning touch of glory to a beautifully appointed room; a carelessly chosen picture or one badly placed will be just as effective in ruining the effect.

Four considerations must be taken into account in regards to pictures in the home. They are: the available wall spaces; the situation of windows, doors and artificial lighting fixtures; the colour of the walls and trimming; and the furniture. By studying these in advance, and by keeping in mind the exact effect she wishes to achieve, the bride cannot go far wrong in her choice of pictures. She should make up her mind that she will not clutter up the walls with pictures hung too closely together. Pictures gain by isolation to some extent.

A broad low space demands a picture wide across and narrow up and down. A narrow panel between two doors, or between a door and window, can take a long narrow subject. A dark corner can be positively illuminated by a bright-colored picture. In contrast, a brilliantly lighted wall can be made garish by placing on it too highly tinted a subject. Pictures can also be used to intensify or subdue the effects already attained by the furniture. The impression of luxurious overcrowding conveyed by heavy upholstered furniture can be lightened advantageously by pastel effects or water colors. A sparsely furnished room can be made to appear to better advantage by pictures of heavier shading and richer depth.

Naturally the choice of pictures will vary according to the uses to which the various rooms are put. There are no general rules to follow. Good taste alone should be your guide. Landscapes, portraits and still subjects may be used in any room. So may marines, figure pieces, prints of all kinds and also architectural subjects. Choose pictures that you are sure will stand the test of time with you.

Remember that you and you alone will be required to look at these pictures day in and day out, and that the only way in which you can make certain that you will not tire of them in a few days or weeks or months is to decide in advance what your tastes really are, and be governed accordingly.

After the selection of pictures has been made, the question of framing comes to hand. This is very important, almost as important as the pictures themselves. Two simple guides will be of great help. Choose the style and shape of your frames to suit the picture itself, and choose the colour of the frames to suit the background of wall and trimming. If you follow these two rules, and do not at the same time choose frames of a color to clash with the room furnishings you can be sure your pictures will be most attractively displayed.

One last thing remains: the question of hanging the pictures. A good general rule to follow in this regard is to hang all pictures as far as possible on a level with the eyes. This insures the best possible view for them, and makes them an integral part of your room-pattern.

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Packing, Moving and Storing

If furniture and other household effects are valuable enough to be moved from one home to another, they are valuable enough to be guarded carefully against damage in transit. For this reason it is better to engage experienced packers and movers rather than trust to your own amateur efforts. The expense may seem high, but in return you will have the satisfaction of knowing that your possessions will reach your new home in as good condition as they were in when they left the old.

But if for reasons of economy or other reasons you decide to do the packing yourself, there are certain cardinal principles which should be observed. They are the rules which the heads of the largest and most expert moving companies lay down for the guidance of their employees.

Before starting to pack take a pad of paper, and as you bring out each article to be packed make a note of it under its proper heading. Pack all articles of a similar nature in the same boxes, crates, or barrels as far as this is possible. Try to keep the articles from one room separate from those of other rooms, except of course with regard to bedding such as blankets, sheets, mattresses, etc., which are better packed all together. When everything is ready to be packed, decide which boxes are to be used for the different classes of articles, and as the articles are stowed away, mark opposite them on your lists the number of the box into which they have gone. This will be a great saving of time, temper and energy for you when you start the unpacking later on. When the boxes arrive at your new residence, this list will indicate exactly where each box should be placed to be most conveniently emptied.

If your household goods are to be moved by motor truck or railway from one city to another, all furniture such as tables, chairs, piano, beds, dressers, sideboards, etc., should be carefully wrapped in heavy paper, and then securely fastened into crates made especially for them. If they are to be moved only a short distance by motor truck, it is sufficient to wrap them in heavy paper, if you can be sure that every possible care will be taken in handling them.

All china, glassware, bric-a-brac, etc., should be packed in strong barrels or boxes, together with straw, crushed-up paper or excelsior. Pack all books, clothing, bedding, etc., in boxes, making sure that the boxes are completely filled. Pack all vacant spaces with paper. In selecting boxes, try to obtain small or medium-sized boxes. They are not only easier for the movers to handle, but when they are placed in your new home, you can shift them about more conveniently, and will not be forced to make trips from box to cupboards, etc. Chairs should be tied together in twos; legs, backs, arms and seats being wrapped in heavy paper.

If it is ever necessary for you to store your furniture, it is a good policy to entrust it to a reputable storage company which will not only store your belongings in dry, cool rooms, but will insure them against all kinds of damage including that of fire. Another important feature of such a policy is that the big storage companies are invariably packers and movers also, and the expense incurred is thereby much lessened by having one firm attend to all the details.

The Care of Your Canary

Correct Food Is of Primary Importance

Just as with people, the life and health of your little friend, the canary, depends upon the food you supply it with. Starve it, undernourish it in any way, or feed it too rich or improper food, and unhappy results will inevitably follow. Feed it properly and carefully, and you will be more than repaid by its sprightly appearance and energy, and by the joyousness of its music.

Brock's Bird Seed, re-cleaned and well-mixed seed of highest imported quality, is an ideal food for your canary. In every package of this seed you get also a cake of Bird Bread, an indispensable addition to your canary's daily rations. Fresh food should be supplied daily along with fresh water. In hot weather the water should be changed two or three times a day to make certain it has not become contaminated or too tepid. Hemp seed, which we so often hear recommended, should only rarely be given to birds in cages, as its oil affords too rich a diet for birds that have little exercise.

Cleanliness

Another of the first essentials in the care of your canary is cleanliness not only of the bird itself but of everything in connection with it. The cage should be kept sweet and clean, and placed, if possible, in a position where no draughts will blow upon it. The ideal temperature is 65 degrees, and an effort should be made to keep the room where the canary is at approximately this degree of heat.

Before artificial light is turned on at night or in the evening, the cage should be covered with a dark, opaque cloth that will successfully shut out all light from the canary. Otherwise the light will act as an artificial stimulant, and the bird, by over-activity at a time when it should be resting, will become worn out and listless.

Loss of Voice

Loss of Voice is generally the result of colds, exposure or dampness. The cause, whatever it is, should be at once removed. In case of a common cold, accompanied by hoarseness or loss of voice, give the canary little morsels of bread sprinkled with 2 drops of emulsion of cod liver oil and some fruit sugar. Keep this treatment up for a day or two, and at the same time add 15 drops of a mixture of equal parts of glycerine, honey and lemon juice to the water. Should these remedies fail, make a paste, by mixing on a hot plate, of one teaspoonful of pure honey and one teaspoonful of emulsion of cod liver oil. Mix these thoroughly, and then add sufficient finely powdered soda biscuit to make the mixture have the consistency of soft cheese. Allow it to cool, cut into cubes and stick these in the wires of the cage for the bird to peck at. Renew the supply as often as necessary until a cure is effected.

Loss of Feathers

A bird in good health should moult only once a year, usually about August. Moulting at other times is due to colds or impure atmosphere. First remove the cause, and treat as for a cold. Bread scalded in milk and sprinkled with fruit sugar is an excellent food to give during a cold, or loss of condition A little poppy seed sprinkled on the bread is also helpful.

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Baldness or Bare Places

Baldness about eyes or neck is often due to blood disorder, which causes irritation of the skin. Add enough epsom salts to cover a ten cent piece to each two teaspoonfuls of drinking water each day. Banana, sweet apple, fresh young dandelion, chickweed, plantain, watercress or other vegetable, may also be given sparingly. If diarrhoea ensues, curtail this, and give boiled bread and milk as previously described.

Overgrown Claws and Beaks

If claws become too long, hold the bird gently but firmly in the left hand, with its back to the palm, and holding one foot at a time between the tip of the thumb and forefinger, expose one claw at a time and clip with a pair of small nail scissors. Be careful to notice how far up the tiny vein extends, and cut just beyond it.

Cuttlebone or old mortar left in the cage should keep the canary's upper mandible from growing larger than the lower, but if it does not, rub the upper mandible very gently with a file until the excess length is filed away.

Mites

Symptoms of mites are: a puffed appearance, scratching, shaking and frequent pecking at the body. To make sure of the trouble, place a white cloth over the cage at night. If mites are present, you will find many of these troublesome little red insects on it in the morning. Wash the cage carefully, particularly around the handle, removing it if possible. Then dust thoroughly with Brock's Mite Destroyer. Be sure to dust the powder thoroughly among the feathers, and see that the whole body of the bird is covered. Repeat every three or four days until cured.

Bird Gravel

A supply of bird gravel should always be kept strewn on the floor of the cage. Birds need this for use in their gizzards, where it takes the place that teeth occupy with animals. Birds also use this gravel to flutter in and to clean themselves. Do not used crushed limestone, and never place paper in the cage. Birds are apt to eat the paper, and ruin, their digestions.

Bird Treat

An excellent tonic for birds in cages is Brock's Bird Treat. Well birds as well as those suffering from sickness should have it, as it improves the condition, eradicates disease, strengthens the voice, makes brilliant plumage, and strengthens and sharpens the beak. A cake of this useful tonic food comes in each package of Brock's Bird Seed.

Cuttlebone

Brock's import cuttlebone from France and Italy, where the best varieties are found. Cuttlebone is pure carbonate of lime, the backbone of a fish native to the Mediterranean. Not only do canaries like to peck at cuttlebone, but it is indispensable for keeping the beak in good condition.

This article is contributed to your book through the courtesy of Nicholson & Brock Limited. It is an extract from their book on birds. This book is a complete guide on the food, diseases, breeding, judging, washing and colour feeding of canaries, with valuable information on Parrots and other cage birds, by James Nicholson. To obtain a copy of the complete work, send a letter, enclosing 25c, to Nicholson & Brock Ltd., 22 Duchess St., Toronto, Ont.

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The Art of Interior Decoration

Make the Walls Friendly. The four walls of a room are without question its most important features. We are all instinctively aware of this fact, because our impressions of pleasure or unrest on entering a room, are subconscious reactions from the walls. That these reactions should be of a pleasant nature is most desirable and it is the purpose of this article to suggest how the proper effects may be obtained.

Decorating is often considered difficult to accomplish correctly, and is dreaded by most home owners, particularly the bride. Yet correct and tasteful decoration is really a simple matter from which experimenting and risk can be largely eliminated, if a few basic rules are followed.

The High Ceiling Problem. High ceilings are often foundi n theolder type of dwelling, and are a decorating problem easily solved if one remembers the simple hard and fast rule that perpendicular lines will accentuate ceiling height and that horizontal lines will detract from the height; so in a high-ceilinged room, stripes or vertical designs are to be avoided.

The Low Ceiling Difficulty. The room with an abnormally low ceiling calls for a reversal of this rule, using striped or perpendicular designs, or a design in decoration having a climbing or upward movement. If wallpaper is used, it should be hung straight to the ceiling line without a break of any kind, other than the finishing border.

Objectionable Architectural Features, etc. A room containing angles, jogs, and an excessive number of openings, etc., or likewise a room containing a miscellaneous collection of furniture and furnishings, calls for a background sufficiently interesting in itself to arrest and hold the eye.

Draperies. A much more artistic and pleasing effect will be obtained if, when selecting harmonizing wall decorations and draperies, the predominating colours in each are not actually matched. When the ground colour of the wall surface and that of the hangings are the same, they cause a monotonous effect. The hangings should be matched with an outstanding bit of colour in the wall covering, and the wall surface harmonized with a selected colour from the hangings.

Woodwork. Coloured woodwork is quite the vogue, and if properly handled, is really very artistic. The modern decorator is now finishing the room's woodwork to accurately match or harmonize with the tone of the ground of the wall surface, and the finished effect is most desirable. A further artistic touch is often obtained by adding a single stripe suggesting a contrasting colour taken from the wall surface, and is applied with a " fitch ", or striping brush, after the final coat of enamel or paint is completed.

Decorating the Newly Built Home. Many people moving into a new home have the mistaken idea that wallpaper cannot be successfully hung on new plaster. The fact is that even the newest of plastered walls may be safely papered if they are treated with a solution of vinegar, before sizing.

Colour Works Miracles. Colour, properly used, will work miraculous cha nges in our homes, but few realize the importance that colour plays in good decoration. Thus, all the different *yellow tones, including buffs and tans* are ideal for the room which is inclined to be dark and sombre. Cool colours absorb and

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diminish the excessive brilliancy of light and should be used in rooms receiving both the morning and afternoon sunlight. *Greys, blues, greens and mauves* are all cool colours and provide a quiet and restful atmosphere. *Red, orange and yellow* are warm colours and should be used in rooms having a northern light.

Another basic rule to be remembered is that light colours have an expanding effect and darker colours have a contracting one; therefore light colours are advisable for small rooms and dark colours for larger ones.

Still another rule is that the heaviest and darkest colour values must be on the lower part of the room. For instance, the floor covering should be darker than the wall, and the ceiling in turn lighter than the side wall. Otherwise a top heavy and depressing effect will result.

Colour harmony can be achieved by the proper blending of colours. To start at the foundation, there are only three true colours known as *Primary or First Group :* namely, Red; Blue; Yellow.

White is a combination of all colours. Black is the absence of all colour.

Black added to any colour, produces a gradation technically known as a " shade " of that particular colour, because it obviously darkens it.

White produces a "tint" of the colour to which it is added, because it lightens it. Black used beside a color reduces that colour's strength and value: while White used beside the same colour will brighten and intensify it.

The Secondary or Second Group are:

Green — by combining Yellow and Blue.
Orange — by combining Yellow and Red.
Violet — by combining Red and Blue.

The Tertiary or Third Group are:

Slate — a combination of Violet and Green.
Citrine — a combination of Orange and Green.
Russett — a combination of Orange and Violet.

The Quaternary or Fourth Group are:

Sage — a combination of Violet, Green and Yellow.
Buff — a combination of Orange, Green and Red.
Plum — a combination of Orange, Violet and Blue.

Colour combinations that form harmonious ensembles :

Yellow — harmonizes with **Violet** — made up of **Red** and **Blue.**
Red — harmonizes with **Green** — made up of **Yellow** and **Blue.**
Blue — harmonizes with **Orange** — made up of **Red** and **Yellow.**
Citrine — made up of **Orange** and **Green** — harmonizes with **Violet.**
Russett — made up or **Orange** and **Violet** — harmonizes with **Green.**
Slate — made up of **Violet** and **Green** — harmonizes with **Orange**

In the foregoing shade chart we have covered the fundamentals of good decoration and if these are followed, the reader should be in a position to use colour and design in harmonious and correct combination and to successfully decorate any room.

This article is contributed to your book through the courtesy of Arthur C. Fox, Assistant General Manager of Empire Wall Papers, Limited, 334 Yonge Street Toronto, Ont. It is an extract from their "Art of Interior Decoration", a complete guide to the proper decorative treatment of the walls in the home. Write to the company for a copy of this valuable booklet.

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The Art of Home Sewing

There are countless reasons why every bride should possess at least a working knowledge of the art of sewing. Economy is one of the most important of these, and should have an overwhelming appeal to all brides, no matter what their circumstances are. The first years of married life are the years in which a couple lay the foundations of success, and every cent diverted from their expense accounts and placed to their credit in the bank will bring them much closer to their goal.

After a little practice in sewing, the Bride will find herself easily capable of making many articles of clothing which she has previously been accustomed as a matter of course to purchase ready-made from shops and department stores; and not only will she find herself able to make these clothes at a great saving over the price which she would have had to pay for them, but she will be able to give them that personal distinction which clothes purchased ready-made so often lack.

As her skill increases she can deviate from the set patterns, and can add those little deft touches to the style, trimmings and arrangement of her garments which will serve to set her indisputably apart as well-dressed in any gathering, no matter where she goes or no matter with whom she associates. A Bride who is unable to sew is often confronted with the necessity of choosing between dresses, etc., none of which pleases her entirely. She needs a dress or a coat or a hat, and has to take something which satisfies her only in part, and even then she runs the likelihood of seeing the same dress, hat or coat duplicated on the first friend she meets. If she is able to sew, she can translate her own ideas into clothes, and who better than the Bride herself knows what suits her particular type; who knows better what she wants ?

Those who are unfamiliar with the technique of sewing, imagine that it is a difficult accomplishment and one that needs years and years of practice before one can become perfect in it. This idea is a delusion, and has come down to us from our great-grandmothers who lived in a day and age when sewing machines were unknown; when needles, thread, cloth, etc., were not as easily available as they are to-day and were uncertain in quality and finish. At the present time, even the greatest part of the labor of sewing has been done away with. Sewing machines, operated by electricity or by a foot treadle, perform most of the actual work, and a Bride can approach the real task of planning and arranging with an unfatigued mind. All the other materials can be purchased anywhere quite easily.

Selection of Fabrics

There is no excuse nowadays for a woman to be unbecomingly or unfashionably dressed. Everywhere she goes she is confronted with authentic style information. There are numerous fashion magazines which foretell the trend and movement of style. In their pages and also in the newspapers the Bride will find pictures of fashionable women. Close observance of these pictures will acquaint her with what is being worn and what is already passé. Close observance, too, of the window displays of the smart shops will tell her what will be worn during the approaching season far enough in advance for her to make her plans.

When shopping remember the good firms who made possible the gift of your book.

The purpose of the dress, etc., and the time which can be devoted to making it should both be considered when a Bride sets about selecting a style. If a person has only a day free to devote to making a dress, it would, of course, be folly for her to attempt a garment which demands elaborate stitching. She would be far better off to choose a simple style that would be both becoming and practical.

The purpose for which the dress, etc., will be used should be given careful thought. Is it to be worn only in the evening at formal affairs ? Is it for afternoon wear, or sports' wear ? Is it to be worn to business, or on a trip ? If the Bride will give careful thought to these points, she can then approach the question of style, colour, etc., in a more confident manner. True beauty is the adaptation of a garment to its use, and if the Bride will always keep before her the purpose to which a garment is to be put, she will not go wrong.

In the actual choosing of a style, the Bride should consult as many sources as possible. Nothing is more tragic than to choose a style, to purchase material, to cut the cloth, and then to come across another style which suits far better. The Bride should try to have a definite picture of what she wants clearly drawn in her mind, so that when she sees a pattern or style illustrated she can instantly see it as it would look on her in different colours or arrangement.

The cost, usefulness and appearance of different fabrics must be taken into account. If the Bride can only afford two woollen dresses a year she will be far better off if she buys a good quality of wool. Woollen goods run from one dollar to twelve or fifteen dollars a yard. Woollen goods of attractive colours and appearance, which will also wear well, can be bought for three, four or five dollars a yard.

In summer a great variety of clothes is usually necessary. It is better, therefore, to use cheaper materials for summer clothes, for in this way the dress allowance will go much farther. Good qualities of wash silks, flannel, georgette, crepe, cotton, etc., can be purchased at very reasonable prices.

Amount of Materials

Brides who are without actual experience in purchasing materials for dresses find it difficult to determine exactly how much cloth to buy. This is particularly a problem when the cloth is very expensive, and when a mistake would be that much more costly. As good a rule as any to follow is to consider first the width in which the goods come. If the width is from thirty-six to forty inches, buy enough material to measure twice your own length from shoulder to floor and three-quarters of a yard more to allow for sleeves. A pleated skirt will take an extra yard of cloth, requiring cloth that measures three times the measurement around the hips with one-quarter of a yard added for trimming and finishing.

Fifty-four-inch cloth for a dress or coat will measure two lengths from shoulder to floor. Lining for a waist without sleeves will take one yard of cloth thirty-six inches wide. If there is no seam, an extra quarter-yard will be needed. Thirty-two-inch material for dresses will take three lengths measured from shoulder to floor, if the dress is for a person with larger than a thirty-six-inch bust. Persons of smaller build will require two lengths with an extra three-quarters of a yard for sleeves.

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The Sewing Machine

A good sewing machine is an indispensable aid for home sewing. On the modern type every kind of fabric can be handled, and the various attachments which come with the machine permit of every kind of seam and every finish being made with a minimum of labor and time. Instructions for operating the machine and for the use of the attachments usually come with every machine, and it is a good plan to have the machine thoroughly demonstrated before the purchase is completed. A person who contemplates doing any amount of sewing at home cannot know too much about her tools.

Avoidance of fatigue is an important item. This can be accomplished by the assumption of a correct position in relation to the machine. The operator should sit close up to the machine, and should not bend over it. The chair should be pulled close and in line with the centre of the machine. The habit of even and unhurried movements should be cultivated from the beginning. Nothing is so fatiguing and nothing is so likely to have a disastrous effect upon the finished sewing than jerky or uncertain manipulation of the machine. Sewing should be a relaxation, and only by relaxing are good results obtained.

Sewing Aids

A sewing basket, furnished with various sizes of thread, ribbon, bias binding, buttons, snap fasteners, elastic, cords, etc., should be kept handy. Every sewer should also have a pair of sharp-pointed scissors, a pair of large shears. thimble, needles, chalk, yard-stick, tape-measure and a six-inch rule. If a good part of the sewing done is to be on wool or velvet, it is a good plan to have a press board with a surface of fine wire bristles, which permits pressing of nap fabrics without injury to the nap. Ironing board, sleeve board and iron are of course absolutely essential. A dress form will be found a great convenience.

Patterns

There is little trouble connected with the use of a pattern nowadays. It has printed instructions on it which simplify dressmaking, and with a little care any one can follow them. However, when shopping for a pattern there is the matter of one's type to be considered. There is the average type in sizes ranging from 12 to 20 years and 34 to 50 bust. There is the larger hip size whose hip measurement in proportion is larger than the bust. They allow 6 inches more in hips than the bust measurement. There is the type with large bust measurement and proportionately small hips. There is the stylish stout with proportionate measurements, but of generous build. There is the little woman whose height is 5 feet 2 or under. The well-known fashion companies whose patterns are sold at the department stores provide for these various types. It simply means being sure of one's type and choosing the style that would best adapt itself to that particular type.

With the type decided, the next step is the selection of the pattern itself.

Buy patterns according to bust measurement. The shoulder length of the pattern should match the shoulder length of the person for whom the garment is to be made. The sleeve width of the pattern, measured on the upper arm, should be from one and a half to four inches more than the arm measured in the same place. The waist line should be decided upon, and with a tape around the waist the pattern can be lengthened or shortened to fit the length desired. Measure the pattern in every way to see that it conforms to the figure of the person who is to wear the completed garment, and then proceed to cut

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along the lines of the pattern as it has been altered to fit. Pattern alterations should be made inside the pattern in order to have the pattern as a whole keep its original outlines.

When the pattern has been altered as desired, some inexpensive unbleached muslin or cambric should be laid upon it, and cut out to serve as a pattern guide. This pattern guide should be kept for use with future work, as it will serve as a standard for alterations on other patterns.

Cutting

One edge of the cloth should be straightened before it is placed upon the pattern. This is most easily done by cutting the selvage slightly and tearing it across quickly.

The cloth should be placed on the pattern from the straight edge, and the selvages should then be pinned together. Cutting should always be done with the grain. The largest piece of cloth should be dealt with first. Three large perforations will show the grain of the cloth, and all pieces should be laid on as indicated by these perforations. Pins should be employed to hold the cloth firmly. Cutting should be done in long, even swaths so that the edges will not be jagged. The fabric should be pressed down to the table with one hand and should not be allowed to lift until the cutting is completed.

Notches are cut by lifting the fabric up, folding the edges together at the point where the notch is to come, and then snipping the notch out, less than half the width of the seam allowance. According to the fraying quality of the cloth, seams should be cut wide or narrow. If edges of collars, cuffs, bands, etc., are to be bound or finished with applied bands, the amount allowed for seams should be cut away from the pattern before the material is placed in position.

When the pattern is entirely cut out, the dress should be placed on the form, and the fit of all parts observed carefully. Then the pins should be made secure so that the dress will not change its shape when removed. All alterations should be marked, and the neck edge should be measured to see if it is at least two inches larger than the circumference of the head.

Sewing

All foundation seams should then be stitched. After stitching, all bastings, etc., should be removed and the seams pressed. Armhole seams should be pressed towards the dress.

Raw edges of pockets, etc., should be turned and bound on the upper edge, using doublefold binding. Cuffs and neck should be finished in same way as the pockets. It is important to " pivot " when turning pockets, etc. This is done by lifting the presser-foot of the machine when the exact point of turning is reached, and then pivoting the material in such a way as to make a real point at the turn. Directions for other processes, the Turning and Finishing of Hems, Finishing of Edges, Finishes of Neck and Front, Cording, Shirring and Ruffling, Collars and Cuffs, Tailoring, Applied Trimmings and Finishes, Making of Pockets, Binding of Buttonholes, etc., etc., are fully set forth in the many excellent books furnished with each sewing machine. One cannot go wrong in following these directions exactly.

When shopping remember the good firms who made possible the gift of your book.

Budgeting Your Income

A Few Hints on How to Make Money go Farther

It is the concern of every girl, once she is settled in a home of her own, to get the most out of the money that is now at her disposal. One of the best ways of doing so is to treat all her expenditures on a budget system.

What is a Budget ?

A budget is merely the making of a plan to control the use and appropriation of funds — before they are spent. Once money has passed out of our hands, whether spent for luxuries or necessities, it is lost to us forever; while that which we retain may be ours, permanently accumulating profits for us through the years to come. By the budgeting of our income we plan for the vital need of saving as well as for various necessities and luxuries.

The " Royal Bank Budget Book, " which may be obtained at any branch of that Bank forms a good model on which to draw up a budget system. It is planned so that with a few minutes of time spent during the week or month you can have a record of Income, Appropriation for Financial Progress — and a complete record of all Expenses. Monthly totals of the various items are easily made and give a quick comparison with your Budget plan. Several tables are suggested so that you can readily work out a Budget to fit your own needs.

The experience of most young married people is that, as time passes, an added measure of prosperity comes to them, and their way of living broadens out correspondingly. Without sacrificing the principles of rightminded economy and caution, they are able to indulge more freely in the pleasures that are necessary to a well-rounded life. For expenditures of this nature a portion of your income should be set aside under the heading of " Advancement." Education, Lectures, Travel, Club Memberships, etc., fall within this category.

Under this heading, too, provision may be made for the numerous expenses incidental to an increase in family — expenses which, as the years pass, will no doubt embrace the cost of your children's higher education.

The popularity of the Budget system is due largely to the fact that there soon develops a keen interest in watching its workings. Saving money is undeniably hard work — but even hard work becomes fascinating when it develops the interest of the worker.

A Guardian of Your Money

The Budget System is the method by which you keep track of your expenses. But what of the actual money you receive ? Where is the best place to keep it ?

Never forget this: —

The allowance of the housewife, or the salary of the business girl, will last longer and go further if paid into the bank and withdrawn only as required. The temptation to spend for unnecessary things will be less, and the balance to carry forward each month will be greater.

At any branch of a chartered bank in Canada you will find a Savings Department where your account will be welcome whether you have $10 or $10,000 to deposit. Even a deposit of $1 will give you a bank book. Interest is compounded each six months. Distance need not prevent those living in remote districts from keeping their money in the bank. They may deposit or withdraw money through the mail safely and easily.

— When shopping remember the good firms who made possible the gift of your book. —

The Advantages of a Joint Account

A Joint Account is a bank account opened in the names of two or more persons, usually husband and wife. By arrangement with the bank, money may be deposited or withdrawn by either of them.

It is a great convenience should the husband be called away unexpectedly, or by the nature of his work be away from home repeatedly. The wife or other member of the family can have access to the family funds without the necessity of keeping any large sum of cash in the house. Money may be deposited or withdrawn by the wife during her husband's absence. She never need be placed in the awkward position of running short of cash nor know the fear of having more in the house than is needed for ordinary daily household expenses. During the husband's absence, too, his salary or wages can be deposited in the account.

There is no greater convenience for the wife whose husband is frequently away from home than this method of financing the household during his absence. Unforeseen circumstances may delay his return. Any cash left with the wife before going away may be exhausted before he is able to send more or mail a cheque. In urging the opening of a Joint Account for husband and wife, we would emphasize that money kept at home is always subject to loss by fire or thieves — while the same money kept in a Joint Account at the bank — although yours as you need it from day to day — is safe from loss of any description.

Safety Deposit Boxes

It is not always advisable to keep too much jewellery in the home. For a small sum, less than the cost of replacement (if they can be replaced), you can give your valuables the protection of a Safety Deposit Box. Practically every branch bank in Canada rents them.

Each box has two keys — both different — one held by you, the other by the Bank. Each is locked in its own steel compartment. The safety and security of steel vaults eliminate the danger of loss by fire or theft, and give peace of mind for the safety of valuable belongings. If you spend your summers in the country or at the lake shore, you will find a Safety Deposit Box particularly useful for small articles of value which you do not wish to leave in your city home.

Money Orders — Bank Drafts

The necessity for making remittances in settlement of bills, subscriptions, etc., often arises. For sending money by mail in amounts up to $100, Bank Money Orders are convenient, safe and economical. They can be obtained without delay at any branch, and will be cashed by any bank in Canada (Yukon excepted) without charge. Bank Money Orders are also issued payable in United States Dollars and Sterling. For large amounts Bank Drafts should be used.

When instant action is necessary in transferring money, you can send money by mail or cable to any place in Canada or to any part of the world through a bank. At some of the larger institutions a private wire system between the chief business centres of Canada and the United States is at the disposal of customers.

The foregoing does not assume to be a comprehensive survey of the banking problems that are likely to confront the young wife, but it is hoped that it covers some points, at least, which otherwise might not be clear to her. As a final word of advice we should like her to remember that the woman who says, " I can't afford it — I am saving, " will say later on, " I can afford it — I have saved. "

Send the Publishers the names of your newly-married friends, or brides-to-be.

Marriage Laws of the Province of Quebec

By Hon. Athanase David, K.C., Secretary of the Province of Quebec

Marriage Laws of the Province of Quebec are based on the " Coutume de Paris, " through the agency of the Code Napoleon, and modified to suit Canadian conditions.

Our laws, therefore, differ from the marriage laws of the other Provinces of Canada, and other English-speaking countries. Based on public policy, in general, they are designed for the protection of the wife.

The subject may be divided into five sections, namely: —

1. Capacity to contract marriage;
2. Formalities relative to the celebration of marriage;
3. Obligations arising from marriage;
4. Respective rights of the husband and wife;
5. The status of the wife.

1. Our law fixes an age limit for marriage. Without the consent of parents, parties of the age of twenty-one years may contract marriage, but if either or both parties are under twenty-one years the consent of the parents of the minor or minors must be obtained.

If either parent is dead, or unable to give consent, the consent of the other parent is enough; but if both are dead, or unable to give consent, the minor must be authorized by a special officer called a Curator or Tutor, who, before giving consent, must take the advice of a family council.

Marriage is prohibited between certain relatives, such as brother and sister, uncle and niece, etc., but by special legislative enactment marriage is permitted between a man and his deceased wife's sister.

2. The ceremony of marriage must be solemnized before a priest, minister or rabbi authorized to keep registers of civil status. There is no law forcing a public officer to perform a marriage to which, according to the doctrine of his Church, any impediment exists.

The ceremony can only be performed after one of two formalities. Either the parties obtain a marriage license or dispensation authorizing the omission of banns, or banns must be published in the Church or Churches of the parties. The banns must be published three times on successive Sundays or holidays, or in the case of persons belonging to the Jewish faith on three Saturdays, or holidays.

The foregoing paragraph does not mean that all persons domiciled in Quebec must be married according to the laws of the Province of Quebec. Our law enacts that a marriage celebrated anywhere between two persons, either or both of whom is subject to our laws, is valid, if performed according to the laws of that place, and provided that the parties did not go there with the intention of evading the formalities of our laws.

3. There is an implied contract attached to marriage by which husband and wife agree to maintain and bring up children born of such marriage. On the other hand, children must maintain father and mother, or other ascendants who are in want. This obligation extends to sons-in-law and daughters-in-law, but only when the father or mother is in want. The obligation ceases if the mother-in-law should remarry, or if the consort through whom the relationship existed and all children issue of the marriage should be dead.

The maintenance provided for in the above paragraph is granted only in proportion to the needs of the party claiming it, and the financial and other

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circumstances of the party who is bound to pay it, but if the party bound proves that he cannot pay an alimentary pension he must receive such party into his house and maintain him or her with his family. Should the circumstances of either of the parties be changed, so that one no longer needs the help of such allowance, or the other is no longer able to pay the whole of such allowance, a discharge from, or a reduction of such maintenance, can be had.

4. Our law specially provides for the duties and rights of the husband and of the wife. Husband and wife owe each other fidelity, succor and assistance; the husband owes protection to his wife, and the wife owes obedience to her husband. The wife is obliged to live with her husband wherever he sees fit to reside. The husband is obliged to receive the wife wherever he goes and to maintain her and supply her with the necessities of life according to his means and condition.

By a special rule of public policy a wife cannot appear in an action-at-law, either as plaintiff or defendant, without her husband, or without his special authorization in writing. She can neither give nor accept, sell or otherwise dispose of property, or in any other way enter into any contract or obligation, unless her husband becomes a party to the deed, or gives his consent in writing; but if she be separate as to property, either by notarial contract passed and made before the celebration of the marriage, or by judgment of the Superior Court at any time after the marriage, she can do and make alone all acts and contracts in connection with the simple administration of her property. If the husband should refuse to authorize his wife either to make a contract, or to appear in an action-at-law, she can be authorized by a judge. The lack of authorization, either by the husband, or upon his refusal, by the judge, creates an absolute nullity, and any contract or agreement so made is void. The wife, however, may make a will without the authorization of her husband.

5. Married women in the Province of Quebec come under one or two main provisions of our law. Either they are common, or separate as to property.

Our law allows parties intending to marry to go, before a Notary and draw up a contract by which the expenses of the marriage and the property of the consorts are regulated. Saving certain rules of public policy, consorts may agree to any conditions they think fit. But if the parties do not make a contract of marriage before the ceremony, our law assumes they intend to subject themselves to a form of contract called " Community of Property. "

" Community of Property " is a sort of partnership administered and represented by the husband. It does not embrace all the property of the consorts, as certain property, such as immoveables belonging to either of the consorts before marriage continue to belong to him or her. All the rest, however, is lumped in a common fund, administered by the husband. The husband may do anything he likes with the common fund, saving fraud.

If no marriage contract was made, the wife is presumed to have subjected herself to the typical matrimonial regime called " Community of Property, " and all her property will be administered by her husband and a portion of it will fall into the common fund. If she separates as to property, by Notarial Contract or by judgment of the Court, she retains the administration of her own estate, but so far as selling or mortgaging is concerned she must have her husband's consent and authorization.

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SELECTION AND CARE OF RUGS

To you, bride of youthful years, inexperienced naturally in the selection and care of rugs, this article is penned, in the hope that it may in a small way assist you in choosing wisely and as economically as your family budget will allow.

The Oriental rug can be easily identified by three tests;

(a) The knots are easily discernible when you separate the woolen strands.
(b) The design shows distinctly on the back of the rug.
(c) The rug itself is much heavier than an ordinary one.

Generally speaking, however, a Wilton or Axminster carpet of superior quality and design, will surpass an inferior Oriental rug, both in durability and richness of colouring and texture. But whether the rug be Oriental or domestic, a safe choice is the rug which has a clear yarn, free from shorts or scruff wool, which is easily ascertained by drawing your hand against the pile; although a little shearing will show on Wilton or Axminster and even in the lower grade of Orientals. Having decided your rug requirements, and the amount of money you can afford to spend, it will be to your advantage, to discuss these with a reliable house that specializes in rugs.

The outlook of the apartment, flat or house; the colour of the woodwork trim, have a lot to do with a pleasing and wise choice. Oak and walnut trim require warm colours, such as reds, terra-cotta or copper tones, with a relief of blue, gold or ivory, but the general shade should be a warm tone.

Rugs of pale shade, or of slightly inferior quality should not be selected for the room where they will be subjected to constant wear, such as, the dining-room or the bedroom, etc. Rugs of dark shades are not advisable as there is always a film of dust showing on them. If the room has a centre light and fireplace, avoidance of the medallion is preferable and an all-over design substituted. Ivory or grey trim lend themselves freely to the use of old rose, pink, mauve, orchid or soft green, with a generous use of contrasting colours for relief.

The care of rugs is very important. A vacuum should be used about once a week; failing this, brush with a corn broom, with the pile, to keep the grain even and prevent matty or uneven surfaces. To groom with the broom after vacuum-cleaning, improves the appearance. If the rugs are very dirty, place face-downward on a lown or snowy surface and whisk the back briskly; this causes the dirt to fall by gravity to the earth. The snow prevents the dirt from falling back into the rug. Turn your rug face upward and cover lightly with snow, and brush off. This will refresh the colours without in the slightest damaging the rug.

Do not on any account beat with a stock, as this breaks the warp and loosens the knots. Avoid washing Wilton or Axminster rugs, as this takes away the glucose dressing off the back and makes them too soft. Oriental rugs will stand washing, but this should be done by your experienced cleaners, and only when absolutely necessary. Dampness in most injurious to rugs. If by any chance a rug gets damp or wet, it should be dried as soon as possible. If you plan and trips, don't leave the rugs on the floor. Clean them well as mentioned above, and wrap them up in both ordinary and tarred paper, putting them in a dry place where you are sure the moths will not get at them. To remove tar stain, use lard and then wash the grease out. Small grease stains can often be removed by placing a hot iron on blotting paper over the spot Beware of acid as it will rot rugs.

If for some reason you are not able to give your rugs the care they require and they show neglect or need mending, it is wise to consult a reputable rug dealer whose expert advice is always at the service of their clients.

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4 Belgium Shops Are At Your Service, Madam!



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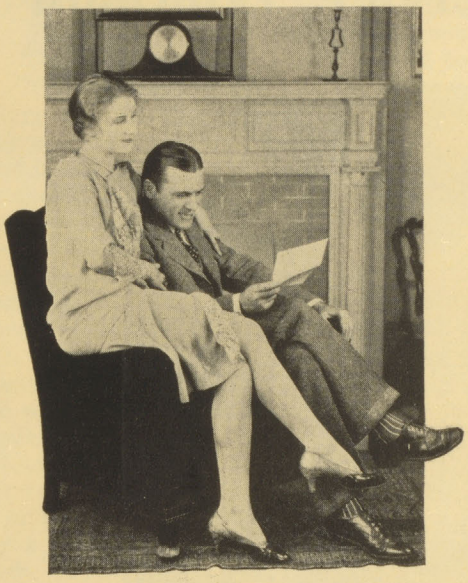
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Protection for your Home

If there should be a disastrous fire in your home; or if you were the victim of burglary — two ever present hazards — the loss you would sustain would be very great, and it would probably take you a long time to replace what was destroyed by fire or stolen. But there is a way of providing against such regrettable contingencies, and that is by safeguarding your home through Insurance.

Fire

The toll of damage to property is estimated at millions of dollars annually. The fire cannot always be prevented, but the loss can be mitigated. Insure your furniture, etc., up to about 75% of the inventory of your personal effects.

Burglary

No-one is really safe from the prowling of the thief, to whom locks and bolts are no hindrance. The burglary insurance policy is your surest comfort against the thought of this menace. Such a policy indemnifies not only forcible entry, but also when things are stolen by a sneak-thief or dishonest servant.

When You Move

Notify your Agent and get endorsements transferring your Fire and Burglary policies to your new address. If you fail to do this, the Company need not admit any liability.

When a Loss Occurs

Notify your Agent at once, and if a Burglary, the Police. Do not employ an "Assured's Adjuster"; remember that it is to the Company's welfare to have losses settled to the mutual satisfaction of those concerned. Therefore, consider the Company's representative your friend, and you will find the final compensation average out very well.

How is an Adjustment Made

The Company's Adjuster will fill out a Claim Form stating when, where and how the loss occurred, and enumerating the articles lost, their purchase value and their present one. Payment of losses are entirely on "Present day" value, so it would be pointless to bolster up the value of an article, as the Adjuster is usually a shrewd appraiser.

Automobile Accidents

No matter how careful a driver you are, slippery roads and the other fellow's careless driving, add to the risk of running a car, and in a case of accident, it is futile to argue who is at fault. The matter of most concern, is to be protected for your possible liability to others. The premium on this class of risk is based on the type of car and the year of its manufacture.

Sickness and Partial or Total Disability

In cases of this kind, the Insurance Company guarantees to pay a specified income for a certain length of time. The only people eligible for this type of insurance, are those earning a regular salary, a definite income or specified commission.

When placing your Insurance, consult and give your Agent your confidence, but insist on financially sound companies. Remember also, that cheap insurance is rarely the best. If therefore, your Agent recommends a slightly higher rate than your friend may be paying, give him credit for advising you to your benefit as well as his own interest.

This article is contributed to your book through the courtesy of John P. Jay.

Auction Bridge and How to Play it

By Ella G. Pimm

Bridge is, and has been for many years, the most popular of all card games. It is without exception the finest intellectual amusement devised for the delight of mankind.

Socially, it is as necessary now to be able to play Bridge as to serve a good dinner, and the woman who is wise in her generation realizes that if she confesses an inability to play cards — if she cannot sit in and make a fourth at the Bridge table — she is neglecting what should be one of her greatest social accomplishments.

It is proposed to deal here very simply with a large subject; to dwell only on the fundamentals, and to endeavour to assist inexperienced players to a better understanding of a difficult game.

Values

	Club	Diamond	Heart	Spade	No Trump
Each trick over six	6	7	8	9	10

Trump Honors

0	in	one	hand,	3	in	the	other,	count	30 points.
1	"	"	"	2	"	"	"	"	30 "
1	"	"	"	3	"	"	"	"	40 "
2	"	"	"	2	"	"	"	"	40 "
2	"	"	"	3	"	"	"	"	50 "
0	"	"	"	4	"	"	"	"	80 "
1	"	"	"	4	"	"	"	"	90 "
0	"	"	"	5	"	"	"	"	100 "

No Trump Honors

0	in	one	hand,	3	in	the	other,	count	30 points.
1	"	"	"	2	"	"	"	"	30 "
1	"	"	"	3	"	"	"	"	40 "
2	"	"	"	2	"	"	"	"	40 "
0	"	"	"	4	"	"	"	"	100 "

Small Slam, 50. Grand Slam, 100. Rubber, 250.

Rank of Cards. The cards of a suit rank : — Ace (highest), King, Queen, Jack, 10, and so on down to the 2 (lowest).

Rank in Drawing. In the draw, as between cards of equal rank, the suits rank : — Spades (highest), Hearts, Diamond, Clubs (lowest). High wins. The two who cut highest play together, and have choice of seats and cards.

Game. The game is made when one side makes a trick-score of thirty or more points. A game may be completed in one hand or more. No trick-points are carried over from one game to the next.

Rubber. A rubber is completed when one side has won two games. The side winning the two games then adds 250 points to its honor score.

Honors are scored above the line in the honor score of the side to which they are dealt. In a No Trump contract the honors are the four aces; in a suit contract the honors are Ace, King, Queen, Jack, and 10.

The Cut. The game is played with two packs. The player who cuts the highest card deals, and meanwhile her partner shuffles the still pack, and then places it on her right, at the left of the next dealer. The dealer, immediately before the deal, places the pack before her right opponent, who cuts

The pride of the hostess and the delight of the guests — Colonial Playing Cards.

the pack towards her. The dealer, and no one else, has the right to complete the cut, and place the divided pack together, taking what had been the lower portion and placing it on the top.

The Deal. The dealer distributes the cards one at a time, face down, beginning with the player on her left, until all fifty-two cards are dealt, the last card coming to the dealer.

New Deal. There must be a new deal if any card is exposed during the deal, or if at the end of the play of the hand one player is found to be holding more than the proper number of cards and another less. If three players hold the correct number of cards the deal stands.

The Auction then begins by the dealer either passing or making a bid. Each player must then in turn either pass, bid, or double the last bid made by an opponent. The player on the dealer's left makes the second bid, and the Auction continues until, after a declaration, three players pass consecutively.

Insufficient Bid. A player who makes an insufficient bid must make the bid sufficient if attention is called to her mistake.

The Revoke. If a player fails to follow suit when able to do so, and has not corrected her mistake before a card has been led to the next trick, she has "revoked", and is liable to a penalty if her opponents notify her and prove the revoke. The revoke penalty for either side is : — Two tricks for the first revoke, and one trick for each subsequent revoke (if any). These tricks are taken at the end of the hand, and count exactly as if won in play. They may assist the Declarer to make her contract, or her game, or they may assist the adversaries to defeat the contract. After surrendering these tricks, the revoking side may score for its remaining tricks as it would have done if it had not revoked.

Leading from the wrong hand. If the Declarer leads out of the wrong hand and is corrected, she must lead from the correct hand, but she must lead the same suit that she previously led when in error. Dummy is not allowed to notify the Declarer that she is about to lead from the wrong hand; and if she does, either adversary may call the lead of the suit from whichever hand they desire. If an adversary leads from the wrong hand the Declarer may request the player, who should have led, to lead any particular suit named by the Declarer.

The Play

First of all it must be remembered that the chief object of the play of every hand is to score game and, therefore, that partners must try to come to an agreement as to the best and shortest way to accomplish that object. Failing the ability to make game for one's own side, the second object should always be to prevent the adversaries scoring it.

The side playing the declaration cannot score the first six tricks they take in. These are stacked up and called the "book". As it takes four tricks (over the book) to make game at Spades or Hearts, with a love score, and five tricks at Diamonds or Clubs, the former are called the Major, and the latter Minor suits. The No Trump hand requires three tricks over the book to make game.

The most important point connected with the bidding is that an opening bid of "one" whether at No Trumps or at a suit, guarantees the presence in the hand of at least two tricks that will average to make, even if the final declaration goes to the other side. These are called "quick", or defensive tricks, and it is well for the novice to memorize these values, even if she memorizes nothing else, so that her opening bids cannot be criticized.

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Here they are : — **Defensive, or Quick Tricks**

Ace-King-Queen	2½	Ace-Queen	1¼
Ace-King-Jack	2¼	Ace	1
Ace-King	2	King-Queen	1
Ace-Queen-Jack	2	King-Jack-10	¾
Ace-Queen-10	1¾	King-x	½
Ace-Jack-10	1½	Queen-Jack-x	½
King-Queen-Jack	1½	Queen-x-x	¼
King-Queen-10	1¼	(x denotes a small card.)	

It might be argued that Ace-King-Queen of a suit would make three tricks, and so they might if played at attack. If played defensively, the Ace and King would average to make, but by the time the third round were reached the Queen would probably be trumped by the player of the hand.

An initial bid is an opening bid made either by the dealer or by the second bidder if the dealer has already passed. An opening bid is the first bid made by any of the four players. Third or fourth hand opening bids require greater strength than would be sufficient for an initial bid.

A suit declaration should usually show five cards of the suit, with at least a quick trick at the top of the suit. If, however, the rest of the hand has ample compensation in quick trick values, an initial bid may be made on five cards without a quick trick at the top, or upon four powerful cards, but no initial suit bid should be made upon less than four cards of the suit.

The opening bid of "1 No Trump" shows not less than two defensive tricks, and strength, or at any rate guarding cards, in three suits. Although the playing of a No Trump hand requires less tricks to produce game than a suit declaration, if the score stands at love, a Major suit under most circumstances is the best of all opening bids, as *with normal trump support* in the partner's hand, the playing of the Major suit usually proves a shorter way towards game, in that it averages to produce, as a minimum, one more trick than the No Trumper would have done. Normal support in the trump suit is Ace-x, King-x, Queen-x, or three small cards of the suit.

Should her partner's Major suit declaration be opposed, a player should assist by raising in the major suit if she holds normal support and has sufficient probable tricks in her hand. Having thus shown trump assistance, she may indicate the particular side strength of her hand at a later bid, if further opposition makes it advisable to do so.

Look now at your quick trick valuation table, and you will see what you should do if you had to make an initial bid on any of the five following hands :—

(1) S. Ace, King, x, x, x
H. x, x
D. Ace, x, x
C. x, x, x
(bid "1 Spade".)

(2) S. x, x
H. Queen, x, x
D. King, Queen, 10, x, x
C. King, Jack, 10
(bid "1 Diamond".)

(3) S. King, Jack, 10, x, x
H. x, x, x
D. x, x, x
C. Ace, King
(bid "1 Spade".)

(4) S. Ace, x
H. x, x, x, x
D. Ace, King, x, x
C. x, x, x
(bid "1 Diamond".)

(5) S. Ace, x, x
H. Queen, Jack, x (bid "1 No Trump".)
D. x, x, x
C. King, Queen, x, x

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Look back again at the illustrated hands, and imagine, instead of being first bidder, that you held those cards sitting in the position of third bidder — that your partner had opened with a "1 Heart" bid, and that the second hand had opposed with "1 Spade". In situations 2, 4, and 5, you would assist your partner with a bid of "2 Hearts", encouraging and not denying his Major suit. In situation 1, not holding normal trump support, you would bid "1 No Trump", to deny his bid, and also to show you held protection in the Spade suit in which your adversary was making an attack. In situation 3 you could do one of two things — you could bid "2 Hearts", or "1 No Trump", both perfectly sound and understandable bids.

The Opening Lead

We now come to the question of the opening lead after the final declaration has been made. The player on the left of the Declarer is the leader, and she is generally called upon to decide whether she shall lead from her own best and longest suit, or from one that her partner mentioned during the bidding. The leading of the Partner's suit is usually the wisest selection.

(1) As a general rule when leading partner's suit, lead the highest card, and if required to lead again continue with the next best card of her suit, to strengthen her hand. There are, of course, exceptions to most rules, and as the novice improves in her play the reason for these exceptions will be readily seen and understood.

(2) If her partner has not mentioned a suit during the bidding, the leader has to select a card from her own best suit, and she should first look to see if she has a sequence of two or more cards in her suit. If the sequence is at the top, or in the middle of the suit, and at least one of the cards of the sequence is an honor, the opening lead should be the top card of the sequence, thus:— King-Queen, x, x, x, lead the King. Queen-10-9-x, lead the 10. But if both Ace and King are at the top of the suit it is customary to lead the King before the Ace.

(3) With no sequence in the leader's strongest suit, her lead should be the 4th best card of the suit, thus: — Queen-10-8-6-3, lead the 6. The partner, under these circumstances, will generally, upon gaining the lead, return the highest card of the suit to the original leader.

The leading of the 4th best card of the suit involves the understanding of the "eleven" rule on the part of leader's partner. This useful rule gives information as to how many cards, higher than the one led, the leader has missing from her suit. The number of pips on the card led are deducted from 11, and the difference gives the number of higher cards in the suit the leader does not hold herself. For instance, the lead of the 8 would show there were three cards higher than the leading card that the leader did not hold in her suit — the lead of the 7 would show she only missed four higher cards, and so forth.

These simple suggestions will carry the inexperienced player along the first path of Bridge.

Discards

The question of discards is most important, and many people think this is the most difficult part of the game. Broadly speaking, an attempt should be made, whenever possible, to retain those cards that can be used with advantage against the Declarer, and to discard those cards that will give her little or no information as to the distribution of the strength that is against her. Discards in a suit should not be made simply and solely because such suit is weak

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and useless to the holder of it, but the question at the back of the discarder's mind should be, "what is the Declarer planning to do?" — The answer to that question is frequently the guide to careful discarding.

It is not proposed to deal very deeply with any of the popular conventions. As soon as even a slight knowledge of the game is acquired it is easy enough to include the conventions, and to understand that instead of being meaningless irregularities they are really only a "survival of the fittest". Useful conventions will frighten no one who has mastered the rudiments of intelligent play.

Conventions

The adversaries of the Declarer can often put to good use certain conventional plays which have a peculiar meaning of their own. For instance, the lead of the Ace before the King, if made against a trump declaration, indicates that the leader has no more of that particular suit, and wishes to ruff or trump the third round of it.

When following to a suit led, if a player drops first a high card, and on a subsequent trick in the suit a low one, making no attempt to win the trick, she also announces her wish for a third round of the suit to be played. This signal is called the "echo", and if used when playing against a No Trumper it is a request for the partner to lead, or to continue leading that suit. It is a strength signal. Against a suit declaration it generally denotes a wish to "ruff" or trump a third round of the suit.

A less understood and equally important convention is the play of the *"encouraging card"*. This is the voluntary play to a trick of a card higher than a six, when the player is making no attempt to win the trick, and has a lower card of the suit in her hand. If this single encouraging card is given when following suit to a trick led, the player indicates a desire for the suit to be led again, but if it is used as a discard, when not following suit, it generally indicates the wish for such suit to be opened. At times, however, when there is a crisis in the game, the encouraging discard may merely announce that the player of it holds that suit safely guarded, and her partner may abandon the suit.

The most important of all the conventions is the "Negative Double". Briefly it is this: — The Informatory, or Negative Double is intended to suggest to the doubler's partner that some other bid would be advantageous, and (unless the intermediate player bids, or unless holding considerable strength) she is expected to respond, however weak her cards may be. In fact the weaker she is the more necessary it is to take out the double.

A Negative double can be recognized as such if it is made at the first opportunity the player has to double that particular declaration, and provided the doubler's partner has not already doubled, or made a bid. On any other occasion a double is a Positive, or Business bid, and is made with the intention of defeating the Declarer at her own game. A double of more than one No Trump, or of more than two of a suit, is not to be read as a demand upon partner to take out the double.

Examples : — (1) South bids "1 Club". West doubles, holding : —

H. Ace, Jack, 10, x D. King, Jack, x
S. King, Jack, x, x C. x, x

West, in doubling, hopes that her partner's take-out will be made in one of the Major suits, in which case there might be a good chance of game.

(2) South bids "1 Spade". West, doubles, holding : —

H. Ace, Jack, 10, x D. Queen, Jack, 9, x
S. King, Jack, x C. x, x

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West, in doubling, is prepared for her partner to take out with "2 Clubs", in which case she intends to proceed with a bid of "2 No Trumps". This is called the "Masked Double".

We now come to the important point of the actual play of the hand, and we will first study this question from the Declarer's angle.

Let us imagine you are playing a declaration in a Major suit, with a love score. The adversary on your left makes the opening lead and then your partner's hand is spread on the table, and is called the "Dummy". From this point you play the hand, and your partner may touch the cards no more, nor suggest any card for play.

You look at the Dummy hand and consider how many rounds you may find it necessary to play in order to clear away your adversaries' trumps. Before starting to clear them, however, you must examine the Dummy hand to see if it contains a short or missing suit, on which you could use Dummy's trumps. If you can succeed in ruffing first in the Dummy hand you are making extra tricks. A short suit in Dummy is usually its biggest asset, so *be sure to look for that first* before you draw the opposing trumps.

If there is no short suit in the Dummy, it is wise, as a rule, to begin, as soon as possible, to disarm your adversaries by taking away their trumps. After you have cleared them you should retain any you have left for future use, in case you will be compelled to ruff. You should next set to work to try to make extra tricks in your side suits.

Here is a simple hand the novice may work upon : —

	N S. King, 10, 3. H. 10, 9, 6, 4. D. 9, 4. C. King, Jack, 8, 6.	
S. 6, 4. H. King, Jack, 7. D. Queen, Jack, 10, 8, 6. C. Queen, 9, 5.	W	E S. 8, 7, 5. H. Queen, 8, 5, 3. D. 7, 5, 2. C. Ace, 10, 4.
	S S. Ace, Queen, Jack, 9, 2. H. Ace, 2. D. Ace, King, 3. C. 7, 3, 2.	

South plays the hand at Spades, with no opposition bidding. West leads the top card of his Diamond sequence, and the Declarer wins the first trick. Before drawing trumps she notices the Diamond suit is short in Dummy, so she leads out her other top Diamond, and then uses one of Dummy's trumps on her losing Diamond, taking the precaution of ruffing with the Spade 10 in case East were also short in Diamonds and might overtrump. Declarer then clears the opposing trumps, subsequently leading a Club from her own hand and finessing Dummy's Jack.

The Finesse

A finesse is an attempt to take a trick with a card that is not the best that the player is holding in the suit. The result of a successful finesse should be that a trick is gained, but that an unnecessary loss is not incurred if the finesse fails. Example : —

	Ace, Queen, 2. N	
W		E
	S 9, 3.	

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South leads the 3 of the suit. If West plays low, the Queen will be played from North, in the hopes that the King lies in West's hand, and that by this means both Ace and Queen will take tricks.

The No Trump Hand

At No Trumps all the suits are relatively of equal value, and the object of the Declarer is to keep control of the hand, and prevent, if possible, a long suit being established against her.

It is often wise to refuse to play the commanding card of a suit, in order to exhaust the partner of the one long in the suit. This may deprive the strongest opponent of a means of entry, and the balance of an established suit may be kept out.

As a general rule, the player of the hand will not run out all her sure tricks at the start, but will set about making good some cards in those suits which require establishing, keeping the certain winners as a means of getting in and out of either hand at will. Here is a No Trump hand that can be dissected at the start, and that will prove good practice : —

	S. Jack, 7, 4, 3. H. Ace, Queen, 5. D. King, 8, 6, 2. C. 7, 4.	
S. Queen, 10, 5. H. 9, 8, 6. D. 9, 5. C. Queen, 10, 9, 6, 2.	**N** **W** **E** **S**	S. 9, 8, 6. H. Jack, 10, 7, 4. D. Queen, 7, 4. C. King, Jack, 3.
	S. Ace, King, 2. H. King, 3, 2. D. Ace, Jack, 10, 3. C. Ace, 8, 5.	

South plays the hand at No Trumps, with no opposition bidding. West leads the 10 of Clubs (an interior sequence) and the Declarer refuses to put up the Ace until the 3rd round of the suit, in order to exhaust East's Clubs. When in at the 3rd trick she leads her Jack of Diamonds and finesses it, hoping West has the Queen. East, however, takes the trick, but has no Club left to return her partner, so she leads a Spade. South wins the trick and can make game.

Opposition Play

We have left the question of defensive play until the end, because it is the most difficult part of the game, and only comes with study and practice. The good player is recognizable by the defense she makes.

Here are a few suggestions which should help the inexperienced player to think along the right lines.

(1) If the Declarer is playing a suit declaration, and there is a short or missing suit in the Dummy, consider whether it would be wise to lead trumps at once, in order to prevent her using Dummy's trumps separately from her own.

(2) If the Declarer is short of a suit in her own hand, and can only take a trick in a certain suit by means of a trump, remember that forcing the Declarer's hand weakens her. Her sure tricks in the playing hand are her trumps, so make her use them as early as possible in the game.

(3) When you are uncertain what to lead, and cannot discover a guide, you should, as a general principle, either lead through a strong suit, or up to a weak one. For instance, if Dummy is on your right, lead up to Dummy's

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weak suit, as it gives your partner a good chance for play, but if Dummy is on your left, and plays next to you, lead through a strong suit in the exposed hand.

(4) There is a maxim which says, "Cover an honor with an honor". This is not an arbitrary rule, and the novice must try to understand, if an honor is led and she plays second in hand, why she is expected to overplay with an honor even if she sees clearly she is going to lose her high card.

A player should cover an honor led if it is possible for either her or her partner subsequently to take a trick in the suit. If all the other higher cards are marked with the Declarer or Dummy, the covering of the honor is futile and unnecessary, but, if the outstanding high cards cannot all be placed, the covering of the honor is often the means of saving game. Example : —

Ace, Queen, 9.

N

King, 7, 2, **W** **E**

S

Jack (led)

South leads the Jack. West decides to cover with the King, as it is evident that otherwise South will not play a high card from Dummy. If the King forces the Ace, it is possible that East may be holding the 10, and be able to win the third round of the suit.

If you, as an ambitious player, begin early to plan your line of attack when you are playing the hand, you will also be able to anticipate the Declarer when you are sitting in the position of defence. When you can imagine how she may be intending to play, you can very often find the means of spoiling her plans.

CONTRACT BRIDGE

The main difference between the games of Auction and Contract bridge is that in Contract only the actual tricks contracted for, and made, are scored below the line towards game, while credit for extra tricks made beyond the contract is given in the honor column of the player.

Very keen judgment and expert team-work are required for this game, which should be attempted only when a player has acquired a fair understanding of Auction. Concentrate upon the simpler game to begin with; study your bids and opening leads; and above all things, whether playing the hand or defending, play in silence and play the rules.

For this reason, it is the object of partners to ascertain not only the maximum number of tricks that could be made by them if playing the hand, for the purpose of game making, but the maximum number that could be made if defending against an adverse declaration, for the purpose of inflicting penalties.

An opening bid of "1" by first or second hand shows not less than 2½ high card or "quick" tricks. An opening bid of "1" by third or fourth hand not less than 3 "quick" tricks.

As third rounds of suits will average to be trumped if held against an adverse suit bid, the third round of a suit has no quick trick value. i. e. Ace-King — 2 quick tricks.

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An opening bid of "1" shows not only a minimum of defensive, or quick trick, strength, but a minimum of probable tricks if the opening bid stands.

First or second hand opening bids at "1 No Trump" or "1" at a suit show a minimum of 2½ high card defensive tricks, and the probability of four tricks if the hand is played at bid; therefore, to raise a bid from "1" to "2" supporting hand should be able to supply between 3 and 4 probable tricks.

As the object of partners is to discover the distribution of their combining hand by means of low "approaching" bids, with the choice of an opening bid of "1" at a suit, Major or Minor, or "1" No Trump" the suit bid is preferable.

A jump of two tricks by supporting hand, made in partner's suit, or if raising his No Trump, shows 5 probable tricks in supporting hand.

Example : —

South "1 Spade." ... North "3 Spades."

or

South "1 No Trump." ... North "3 No Trumps."

A minimum shift by supporting hand shows 3 to 4 probable tricks.

Examples : —

South "1 Spade." ... North "2 Clubs."

or

South "1 Spade." ... North "1 No Trump." (the weaker shift.)

A jump shift shows probable game at some declaration yet to be determined and a further bid in the hand. This asks partner to keep the bidding open to rebid his suit if he can, to support shift bid with normal trump support, to name another suit if biddable, or to use a No Trump bid as the weakest response.

Example : —

South "1 Heart." ... North "2 Spades."

or

South "1 Heart." ... North "3 Clubs."

South is asked to continue.

The holding of normal trump support is indicated in all the following situations : —

(1) Raising partner's suit bid of "1".

(2) Raising his following bid made over adverse bid.

(3) Responding to jump shift by raising in the suit he used for forcing.

Examples : —

(1) South "1 Spade." West pass. *North "2 Spades."*

(2) East "1 Heart." South "2 Clubs." West "2 Spades." *North "3 Clubs."*

(3) North "1 Heart." East pass. South "2 Spades." West pass. *North "3 Spades."*

In each of these cases North indicates that he holds normal support in South's declared suit.

Normal trump support is : —

Ace - x - x, or King - x - x, or Queen - x - x, or four or more smaller cards of the suit.

Remember

If you have nothing to announce, pass. "Passing" is denying.

If you bid it is because your hand has some value.

Avoid bidding the same tricks twice over. Each additional time you bid, you indicate to your partner something further in values beyond what you have already told him.

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A great advantage in the Dummy hand is the ability to ruff a short or missing suit, but this is not to be looked upon as an asset in the playing hand.

The object of your bidding is to discover the declaration best fitted for your own hand combined with that of your partner's — either for attack or defence — therefore, remember that "team work" is all important.

Scoring : (a) Each side has a contract score in which are recorded only points for Made Contracts. Each Made Contract counts per trick.

With No Trump	35 points
With Spades Trumps	30 "
With Hearts Trumps	30 "
With Diamonds Trumps	20 "
With Clubs Trumps	20 "

(b) Each side has an honor score in which all premiums and all penalties are scored as follows :

Honors :

Premiums

4 Trump Honors in one hand	100 points
5 Trump Honors in one hand	150 "
4 Aces in one hand in No Trumps	150 "
All Other	None
For Winning Final Game of Rubber :	
If a two-game rubber	700 "
If a three-game rubber	500 "
Making Contract :	
If Undoubled	None
If Doubled (when declarer is not Vulnerable)	50 "
If Doubled (when declarer is vulnerable)	100 "
Extra Tricks:	
If Undoubled (When Declarer is vulnerable or Not Vulnerable) per trick	50 "
If Doubled (When Declarer is not vulnerable) per trick	100 "
If Doubled (When Declarer is vulnerable) per trick	100 "
Slam Bid and Made :	
Little Slam (When Declarer is Not Vulnerable)	500 "
(When Declarer is Vulnerable)	750 "
Grand Slam (When Declarer is not Vulnerable)	1000 "
(When Declarer is Vulnerable)	1500 "
Unbid Slams Made	No Slam Premiums

Penalties

Undertricks : (Scored in adversaries' Honor Score)	
If Undoubled (When Declarer is Not Vulnerable) per trick	50 points
If Undoubled (When Declarer is Vulnerable) for first trick	100 "
for subsequent tricks	200 "
If Doubled (When Declarer is Not Vulnerable) for first two tricks, per trick	100 "
for third and fourth tricks, per trick	200 "
for subsequent tricks, per trick	400 "
If Doubled (When Declarer is Vulnerable) for first trick	200 "
for subsequent tricks, per trick	400 "

Redoubling *doubles the doubled premiums and penalties.* Neither doubling nor redoubling changes the premiums for games, slams and honors. Game : 100 points.

This article is contributed to your book through the courtesy of the Canadian Playing Card Company of Montreal.

Mystic Art of Tea Cup Reading

Fortunes in Tea cups

The art or science of telling fortunes by tea leaves or tea cup reading, as it is sometimes called, is of indefinite origin, but is known to have been practiced between two hundred and three hundred years ago by the peasant women of the Highlands of Scotland. The original "spae-wives" (spae is from the Scotch Gailic, meaning to foretell or divine one's fortune or future) are credited by some with originating the art of fore-telling current happenings from the reading of tea-leaves.

Although, perhaps, not to be compared in age with other forms and practices of fortune telling, that of telling by tea leaves is, without a doubt, the simplest and most easily acquired method and has the additional advantage that readings thus made are more frequently true, inasmuch as the seer or person versed in the art of reading the symbols is never influenced by any monetary consideration, which, unfortunately, has turned so many alleged fortune tellers into mere charlatans.

In order to render the telling of fortunes by tea leaves simple and effective. it is essential that the tea used be as free from dust as possible. Sediment in the bottom of a tea cup tends very materially to becloud the proper divination and interferes with the clear formation of symbols.

It is the stray, copper-coloured leaf that occasionally steals through into the cup and resolves itself into some weird pattern that indicates to the seer the path of Fortune.

Salada Tea is particularly suited for the purpose of tea cup reading because, before it is packed in the airtight aluminium packages, all dust and foreign matter is electrically extracted in the packing machines, thus leaving only clean leaf, which is responsible for the brilliant depth of colour to a cup of freshly made Salada Tea.

Bulk tea or tea sold in paper bags is so liable to damage and damp, that its use is not to be recommended for the purpose of fortune telling, anymore than for its flavour. One cannot expect to enjoy the fresh, rich flavour that makes tea so delicious unless the leaf is properly packed.

While no set formula can be laid down for the telling of fortunes by means of tea leaves, there are certain guiding principles which have been handed down through the years and which must be mastered by those who would become adept in this fascinating science of divining accurately the significant symbols of one's own fortune or that of one's friends. The true seer will find that new indications will develop with experience and practice.

The method of preparation.

Just as much depends upon the quality of tea used, so it is best, in order that the symbols may be as clearly defined as possible, to use a cup with a wide opening, similar to a breakfast cup. This should, if possible, be plain on the inside with no floral design, as the clear type of cup allows the symbols formed by the tea leaves to be more easily observed. Straight sided cups should be avoided, as the leaves will have no opportunity to unfold their stories upon their steep sides.

Salada Tea is sold at all grocers in a variety of blends to suit every taste.

The consultant who would have his or her tea cup read should, after drinking the contents, leave but a drop in the bottom of the cup. The cup should then be held by the handle in the left hand and rotated three times from left to right in a circular motion. It should then be turned upside down on the saucer so as to allow any remaining liquid to drain, with the handle turned toward the consultant. During the foregoing procedure, those who approach to learn of what destiny holds for them may "will" or "wish" silently, but some seers or readers insist that the wishing be done after the cup has been placed rim downwards on the saucer. The act of turning the handle of the cup toward the consultant is to assure his luck. So far we have dealt only with the preparatory rites.

The significance of symbols.

The reader now takes the cup, holding it either by the bowl or handle and turns it right side up. The following parts of the cup have certain significances. The handle represents the person seeking enlightment. It is also significant of time and distance — the nearer the symbols lie to the handle, the more immediate will be their realization and vice versa. The rim of the cup signifies the present, and the nearer the leaves are to the top the closer do the events appear. The sides indicate the near future and the events become more and more remote until the bottom is reached.

A warning to the one who consults is perhaps not out of place here. During the reading, the future lies open, but after the reading she should not again look into the cup nor express thanks to the reader. A silent acceptance of the horoscope is deemed the best aid to its accomplishment.

Studying the cup.

After raising the cup in the hand the reader should study the distribution of the tea leaves. A careful and minute examination should be made, paying particular attention to the outlines formed and endeavour to discern in the grouping or in the individual formations some specific and significant outline. The cup should be turned frequently and viewed from different angles, so that the symbols and their groupings may be properly discovered and noted for their influence for good or evil. Do not hurry, especially at first. A few moments of careful study will nearly always reveal some very clear picture of fate.

Great care, patience and practice will be required by the reader to properly interpret the future augury of the various symbols, but assiduous practice will develop in the reader the ability to combine and connect the four cardinal points of symbolism, sympathy, observation, the association of one outline to another and the ability to interpret fitting meanings.

The first study of the cup will show whether the fortune is clearly apparent or shrouded in doubt and indecision. If the symbols are clear, even though formed by few leaves, a very well connected fortune may be read from them. If the outlines are vague, shapeless and lacking in character, they are not worthy of attention and it would be better for the consultant to wait another opportunity either on the same day or at a latter period before reconsulting the oracle. A lack of concentfation by the consultant or a too frequent attempt to "peep behind the veil", will only result in muddled, vague and shapless masses lacking entirely in meaning and value.

Canadians enjoy fine tea. You can enjoy "Salada" morning, noon and night.

The reading of symbols.

The reader will find certain definite symbols that are constantly recurring. These have been known for generations and their definite meaning fixed and will be found in alphabetical order toward the end of this book. It is not necessary that they should be memorized, but the nearness of the events and the position of the leaves towards the handle that indicates the nearness to the consultant, must be interpreted from memory at each reading. The dictionary at the end of this book may then be consulted for the meaning of the detailed outlines of leaves as they are cast upon the sides of the cup.

Prominent signs.

Any liquid that remains in the cup indicates tears. A line of tea-leaves down the side of the cup indicates a journey — whichever direction the line goes in, the direction of the journey will be.

Signs near the right-hand side of the handle of the cup indicate that the event is very near to the one whose fortune is being read; if at the bottom from one to three weeks will elapse. On the left-hand side of the handle, any time up to six months. So that the round of the cup can be divided fairly evenly into six months.

Indications of flowers are signs of *prosperity and happiness*; boats or ships, a *sea journey;* birds or aeroplanes, *news* (the distance can be judged by the position). Dogs, *faithful friends*, unless at the bottom of the cup, then *false riends;* serpents also indicate *false friends.*

A small ring indicates a good happening in connection with business. If surrounded by dots, *money.* A large ring, *marriage;* surrounded by dots, *a wealthy marriage.* A heart, *a love affair;* a broken heart, *an expected proposal,* or a proposal which has not been definitely decided.

People, *visitors;* a pipe, *domestic happiness;* letters, *initials of name of one in the thoughts of the consultant;* an oval, *domestic disturbances.*

The "wish" symbol.

Most consultants will desire to include a silent wish and when this wish has been included the cup reader must first look for an omen regarding it. The wish is represented by a complete figure such as a circle, square, oblong, or irregular figure formed by the tea leaves, enclosing a clear section of the tea cup's surface. If the outline surrounding this clear space is slightly broken, the wish will not be filled completely.

The closer the wish figure is placed to the rim and the handle of the cup, the more promptly the wish will be realized. If the figure lies low on the side or on the bottom of the cup, but is still complete, the wish will be delayed but will eventually be granted. In the absence of the wish figure, no definite hope for the fulfillment of the wish can be held out by the reader and should the omens of ill fortune predominate in the cup, it is probable that the wish will not come true.

There are many omens that cast an atmosphere of good fortune over the cup or attach themselves to certain symbols in the cup and give them a fortunate significance.

Good omens.

The commonest of these are an anchor, clover leaf, crown, arch, butterfly, frog, angle, triangle, tree, flower, bouquet or garland, star, fleur-de-lis.

Tea is Canada's National Beverage, preferred in Homes, Hotels, Restaurants.

Bad omens.

It is at once apparent, when we look at the list of special omens of ill fortune that, without any knowledge of the lore of cup reading, many are included which we would say at once were probably "unlucky"; a cross, serpent, hour-glass, arrow, gun or firearm, sword, wild beasts, clouds.

Journeys, large and small, are very commonly foretold in the tea cup. The figure itself, and the omens that surround and "qualify" it, will indicate whether it is in the nature of a little excursion or week-end trip, or a journey of pretentious proportions.

A dictionary of symbols and signs.

Together with their Meaning and Significations.

It is necessary that the would-be reader of tea cups should familiarize him or herself with the lore commonly associated with the numerous signs and symbols which the tea leaves form, in and around the cup. The following list, while by no means complete, embraces all the more frequently occurring symbols and should be memorized as soon as possible, particular attention being paid to the often very close association of one symbol with another.

Arch, a journey by steamship or motor, probably abroad.
Acorn, health and good fortune.
Anchor, success in love or business.
Aeroplane, dangerous projects.
Apple, a life of usefulness, especially in business.
Angel, a messenger of love or good news.
Arrow, an unpleasant happening, possibly a letter (note particularly the direction from which it comes).
Axe, troubles past or overcome.
Beaver or Badger, happiness as a single person with a long and contented life.
Bear, a long period of travel.
Bird or Birds, if flying, good news, if resting, a happy journey.
Boat, the visit of a friend.
Bat, unsuccessful undertakings.
Basket, the arrival of a baby.
Building, a change in home or office.
Bridge, a successful journey or business call.
Butterfly, happiness.
Cat, unpleasantness caused by enemies.
Castle, a legacy or unexpected money.
Cart, a change in fortune.
Castle, unexpected good fortune.
Chain, a wedding if complete, trouble, if broken.
Chair, the arrival of a baby.
Church, money.
Circle, money or presents (time of receiving depending upon location in cup.)
Clouds, trouble, but if associated with dots, then business success.

Salada Tea has been Canada's largest selling pocket tea for almost forty years.

Clover, luck in all things.
Coffin, sickness or death.
Cow, prosperity in business.
Cross, delayed trouble.
Crown, recognition coming from success or honour.
Crown and Cross, a legacy on the death of a friend or relative.
Dagger, good friends.
Dog, faithful or untrustworthy friends or secret enemies, depending whether at top, middle or bottom of cup.
Dove, happiness and progress in love and business.
Duck, increase in business wealth.
Eagle, a change for the better.
Elephant, health and strength.
Fish, good news from out of town, if associated with dots, from overseas.
Flowers, success, good fortune, happy marriage.
Fleur-de-lis, health and happiness at top of cup, anger if in bottom.
Flag, beware of an enemy who may cause wounds.
Fox, treachery, guard against false friends.
Frog, augurs well for affairs of the heart and business.
Gallows, a good luck sign.
Goat, enemies striving to cause misfortune.
Goose, a successful undertaking.
Gun, calamity and trouble should be guarded against.
Hammer, adversity will be conquered.
Hand, note in which direction it points and to what symbol.
Hare, (see rabbit), a long journey or the return of an absent friend.
Harp, marriage and success in all love affairs.
Hat, an untroubled life.
Heart, with ring, pleasure in marriage; associated with dots, money through marriage.
Hen, unexpected money or an unforeseen event.
Horse, fulfillment of ambitions.
Horseshoe, a fortunate journey; associated with ring or dots, love and marriage.
Hour-glass, present danger.
House, business success.
Human figures, good friends in business and private life (note particularly their attitude, as this will have special significance.)
Ivy, faithful and true friends.
Jug, sound physical condition, no danger of illness.
Key, increase in business salary.
Kite, travel by sea or land — honours.
Knife, quarrels ending in long trouble.
Ladder, a definite objective which will be attained, strong character.
Letter, square or oblong, news coming (look especially for initials nearby — the name of writer.)
Lily, an easy and happy life if at top of cup—troubled, if at bottom, requiring rest or holiday.
Lines, either with dots or solid — indicate travel in whichever direction they may point — short or long trips according to length.
Lion, power and achievement in business.
Man, a visitor — if very pronounced, he is dark, if indifinite, fair; if bent or twisted, beware.

McCormick's Jersey Creams are best for all dishes calling for sodas.

Mitre, a blessing on all endeavours.
Moon (crescent), prosperity and good fortune.
Mountain, powerful friends who will help — several mountains — beware of hidden dangers in business dealings.
Mouse (see rat), warning against danger of poverty—watch for thieves—avoid risky investments.
Mushroom, separation.
Numbers, must be read in conjunction with other symbols near them.
Owl, illness, poverty, disgrace — a warning against starting anything new.
Palm, speedy marriage — a good luck sign, especially for children and women (mothers).
Peacock, acquisition of property — a happy marriage.
Pear, to a woman, husband with money; to a man, better social standing and improved business conditions.
Pig, good and bad luck.
Pistol, a warning of danger, disaster or disappointed in love or business.
Question Mark, closely associated with any other symbol implies doubt of fulfillment of whatever issue is indicated.
Rabbit (see hare), a journey or return of an absent friend.
Rat (see mouse), danger of loss of money or friends through treachery.
Razor, a business disturbance or lover's quarrel.
Rifle (see pistol), disaster, disappointment.
Ring, marriage — look for initial nearby — if at bottom of cup, it will not take place.
Saw, enemies, trying to cause trouble either at home or in business.
Scales, decisions should be made carefully and judgment pondered well.
Scissors, a lover's quarrel, caused by a third person.
Serpent or snake, a warning against misfortune, jealous or envious business associates or friends.
Ship, a visit from friends — a journey or the realization of ambition.
Spider, a sign of money, possibly a legacy but more likely an increase in salary.
Squares, steadfastness, peace and security, an unperturbed or uneventful life.
Star, contentment in money matters; if associated with dots, increasing wealth.
Straight line, a long and pleasant life.
Swallow, a long looked for and anticipated journey with happiness at the destination.
Sword, disputes and quarrels; if broken, visitors.
Trees, a constant and steadfast nature with good and true friends; with dots, increasing happiness.
Triangles, luck and unexpected good fortune.
Twisted Outlines, disturbances, worries.
Wheel, an inheritance or good fortune in business.
Windmill, success to business enterprise.
Woman, love, pleasure and happiness; if several, disappointment and scandal.

This article is contributed to your book through the courtesy of The Salada Tea Company of Canada Limited.

You are certain to enjoy "Salada". That is why Canadians prefer it.

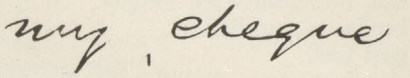
The Science of Graphology

How to Analyze Character from Handwriting

By Frederic D. Jacob, Dominion Government Graphologist

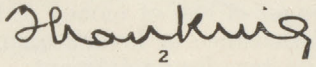
The science of Graphology has some very interesting rules by which a person's real nature may be uncovered in his handwriting.

This might strike one as strange. Yet it is no stranger than musical notes look to one who has not learned to read them. As the eminent French Graphologist, M. Crepieux-Jamin expresses it: " Handwriting is to the mind what notes are to music ". It is there to be deciphered and interpreted by the trained expert, to whom it becomes quite plain and clear.

Specimen 1 

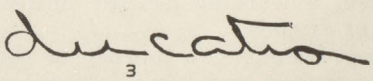
leans decidedly to the right and is well rounded in style.

It signifies that the writer is interested in others, is glad to meet people, is unselfish, and enjoys life pretty well. Has excellent material for salesmanship.

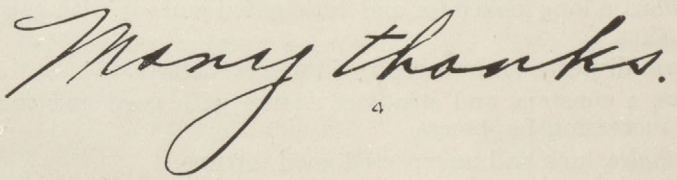
Specimen 2 

has a cooler mind control. Note that the tendency to lean to the right has been pulled back, and the writing is practically vertical, or straight up-and-down.

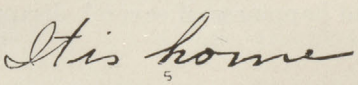
This type of mind is the reasoning kind; is likewise cooler sentimentally, and will probably hold out awhile against matrimony. Also is less affectionate to one's mate and may not like children other than one's own.

Specimen 3 

leans considerably to the left, and is often referred to as back-hand writing. It generally indicates considerable reserve and egoism. If the i dots on such writing appear high above the letters the presence of idealism is indicated.

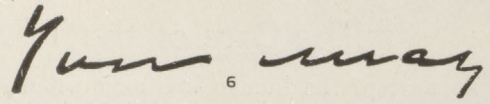
Specimen 4 

is larger than the average and is written rapidly. The writer wants to be doing things all the time, hates to be tied down to a desk job, spends money freely, and needs a mate to hold the purse. Is a natural leader.

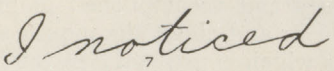
Specimen 5 

has a small script. Indications are that this writer is quite capable of concentrating on any job, likes details and a desk job. Is most likely a bit too thrifty with money. The girl marrying such a man would do well to come to a clear understanding before the wedding about the handling of spending money. This type is also quite critical, as a rule, about others' little failings.

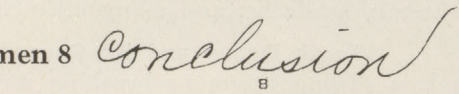
— When shopping remember the good firms who made possible the gift of your book. —

Specimen 6 

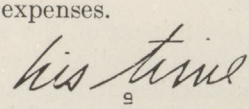
is thick with ink, due to heavy pen pressure. It indicates a strong, vigorous body, requiring little nursing or doctoring. Requires rich and substantial meals. Is fond of money and good clothes, plays pranks, makes an ardent lover. Usually marries early and loves a mate that likes to caress. Is likely to be of the jealous type and the wife will do well to refrain from even the most innocent flirtations.

Specimen 7 

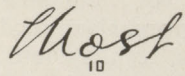
is a thin delicate style. This type cares more for idealism rather than bodily development. Does not possess love for money. Is not likely to hold hands in the parlor all evening. Is unselfish and refined.

Specimen 8 

the words have long flowing endings. This signifies generosity. The wife in this case will not have to turn over last year's dress, nor reshape the old hat all over again. Neither will she have to give an accounting to the last penny for money given for house-keeping expenses.

Specimen 9 

has no endings to speak of. Indications are that the writer is probably mean by fits and starts, prudent and cautious over everything; has tight lips and a tight purse. Won't give his wife an allowance but make her come to him for every penny. Will probably kick if 32c is paid for butter instead of 31c.

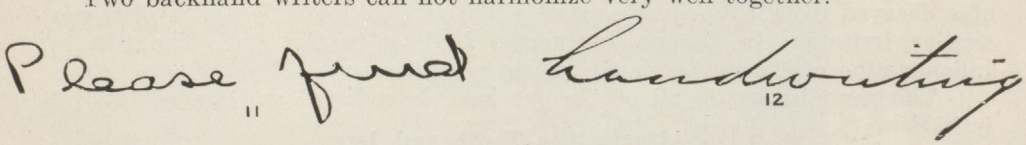
Specimen 10 

is of special interest to wives. Note how the " O " is double-looped. It usually stands for secretiveness. Such a husband coming home late at night will not tell his wife what detained him. One must work hard to get the smallest details about anything from him.

And now we come to this interesting conclusion:

A backhand writer should marry one whose writings slopes to the right.

Two backhand writers can not harmonize very well together.



Specimen 11 and specimen 12.

on the other hand would make a nice couple.

If one type dominates and the other " gives in " it is quite likely the two will get along well together.

Where both are easy going types, there will be but little discord; but heaven protect the home where both are of the egoistic domineering sort, without one yielding to the wishes of the other.

Patronize the firms whose announcements appear in this book.

The Care of the Teeth

There is no part of the human anatomy which requires more attention or which is of more vital importance to the health and comfort of the individual than the teeth.

The teeth have many functions : first in importance is mastication; second, assistance in articulation of words; third, that of giving beauty and expression to the face.

Mastication — This is the cardinal function of the teeth. The crushing of food is not the only end accomplished in mastication, but during the process the glands situated in and about the mouth secrete large quantities of saliva, in which is a ferment which is necessary in the first stage of digestion. If the teeth are unhealthy there will be a tendency to select soft foods which require little or no mastication. In such cases the food will not be impregnated with the normal quantity of saliva which is required in digestion; the result will be faulty digestion, tainted breath, headache, and many other ill effects may follow.

Tooth Decay and its Cause

Dental caries is a disintegration or breaking down of the tooth tissues, resulting from action of certain species of micro-organisms. Decay goes on persistently, more rapidly in some mouths than in others, according to the condition of the secretions, the general health and the care taken in cleansing the mouth and the teeth.

Neglect of proper cleanliness of the mouth is one of the chief causes of tooth destruction, as well as of other diseases.

Each germ disease, whether it be decay of the teeth, tuberculosis, or any other, is the result of specific forms of bacteria. The warmth, moisture and presence of food in the mouth make it a desirable habitat for the growth of germs. In almost any mouth in which there are decayed teeth there may be present the germs of many diseases, such as diphtheria, typhoid fever, cholera, pneumonia, tuberculosis, etc.; and strange to say, that people who have such pretty mouths will allow pure, clean foods to be masticated in a veritable cesspool of disease; surely the best results could not be expected under these conditions.

Eyes and Ears Also In Danger

Oral sepsis, the infection of the mouth by disease-germs, likewise affects the senses, particularly those of hearing and sight. Passages from the back of the mouth connect with the middle ear. Disease germs following this route often cause abscesses of the middle ear and temporary or permanent loss of hearing.

The eye and the nerve running to the spinal cord may be reached by way of a decayed tooth. When this nerve is affected by tooth decay, it produces a similar irritation in the nearby nerves leading to the eye. The result is inflammation of the tissues and membranes of the eye.

Thirteen diseases in all of the eye have been listed and traced to dental irritation.

Attacks the Teeth and Jaw

The germs that remain in the mouth are no less dangerous. They are responsible for dental caries and, also, pyorrhea alveolaris.

These germs eat through the enamel covering into the dentine, which is the body of the tooth. The dentine is softer than the enamel, and the progress of the decay becomes increasingly rapid. Unless checked, it reaches the pulp, or nerve cavity, and the tooth "dies".

The Pro-phy-lac-tic Tooth Brush conforms to your dental aid.


Before their
"lay me down to sleep"
always have them use
"Pro-phy-lac-tic"
Tooth Brushes
At all drug stores
MADE IN CANADA

Pro-phy-lac-tic

TOOTH BRUSHES

"Tufted" Pro-phy-lac-tic



For 40 years this has been the popular brush for dental arches of average size. With its pointed end tuft it is scientifically designed to reach and clean every part of every tooth. Made in four sizes: Adult, Small, Baby and Extra Large.

Three bristle textures: Hard, Medium, Soft.
Handles in six colors.

"Masso" Pro-phy-lac-tic



For gums that are pale and lifeless and need stimulation, this dual-action brush is invaluable. It massages the gums as it cleans the teeth. It suits both large and small dental arches.

One size only. One bristle texture.
Mulberry and lemon colored handles.

Available at all drug counters

Made in Canada by

Pro-phy-lac-tic Brush Co.

(Canada) Limited

But a pulpless — or "dead" tooth is not a quiet tooth. It merely serves as a base of operations for another attack on the body's health. Into each pulp cavity runs a branch line of the great system of veins and arteries. By this route poisons produced by the germs of tooth decay enter the blood. And through the blood-circulation they are carried to other parts of the body. Rheumatism, neuritis (inflammation of the nerves), chronic abscesses — all have had their origin traced to pulpless, and supposedly harmless, teeth.

Pyorrhea alveolaris, or pyorrhea, makes inroads on the bone sockets which form the tooth's foundation. Here again, according to a leading English authority, disease-producing germs are the direct cause. If these germs are allowed to increase, they overcome all natural resistance. The gums become inflamed; the bony tissue softens; the teeth loosen and finally drop out.

Pyorrhea can be cured only by skillful treatment. Do not waste time and your health on patent remedies. Go to your dentist at once. And practice the measures of oral hygiene he recommends. For a noted specialist says, "Continuance or recurrence of pyorrhea is almost invariably due to failure on the part of the patient to carry out instructions".

Help for Mind and Body

Children need good teeth if they are to grow normally. The child with poorly formed or badly decayed teeth only partly chews his food. He does not get the proper nourishment from it. As a result he is often undersized, underweight and underdeveloped.

Such a condition cannot fail to affect character and habits. Teachers have long recognized poor teeth as a cause of truancy, failure in studies, and persistent bad behavior. Today oral hygiene is taught in many schools all over the country. Teeth are regularly examined, and children are encouraged to form the tooth-brush habit.

But the critical period, as far as teeth are concerned, is before the child reaches school age. Then the first teeth are influencing future mouth conditions. Whether that influence favors health and growth depends on the care and watchfulness of the parents.

Care of Children's Teeth

The nursing baby's mouth should be carefully cleansed. Use sterilized cotton fibre wrapped around your finger to remove all particles of milk from the tongue, cheek and gums. If this is done twice a day the mouth is well prepared to receive the first teeth.

This stimulating of the gums should not be confined to infancy. All through life regular massaging of the gums is a necessary means of keeping the mouth healthy and the teeth healthy through a lifetime.

Between six months and three years of age the child cuts the first, or milk teeth. As these teeth come in, watch for signs of ulcers of the gums, and have them promptly treated by a dentist or physician.

Another "teething" trouble is the pressure of the incoming teeth on the gums, making them sore. Many dentists now relieve this soreness by lancing the gums at points where pressure is the greatest.

First Teeth

The appearance of the first teeth is the signal to start using the tooth-brush. The first teeth should be brushed four times a day — before breakfast and after each meal. Too often they are not brushed at all — owing to the popular idea that first teeth are not important.

Pro-phy-lac-tic Tooth Brush really cleans — "A clean tooth never decays."

What happens when a first tooth is neglected? Decay attacks it, moves inward to the nerve, and then upward to the jaw. Here it meets a second tooth pressing it forward to its place in the mouth. As a result the second tooth may start to decay.

Decay shortens the life of the first tooth — causes it to fall out ahead of time. That leaves a gap in the line of teeth. Into this gap the nearest second tooth pushes its way before the jaw has grown large enough to receive it. It takes up space reserved for other second teeth. When these teeth come through there are crowding, overlapping, and failure of the teeth on the upper and lower jaws to meet properly. This condition is known as malocclusion.

Malocclusion prevents thorough chewing of the food and interferes with digestion. It also creates angles, corners, and recesses — swift to decay and difficult to clean. While the second teeth are coming in, they should be frequently examined by a dentist. It is then, in the early stages, that crookedness and other defects are most easily remedied.

Second Teeth

Most of the second, or permanent, teeth arrive between the ages of five and thirteen. During this stage, the roots which anchor the first teeth to the jaw slowly dissolve and are absorbed. One at a time the teeth drop out. Their place is taken by the larger and more numerous second teeth, which, with proper care, are supposed to last a lifetime.

By now the child should help in looking after his teeth. Teach him to use a tooth-brush regularly. See that he does not eat too many sweets and that whatever he eats he chews thoroughly. Make his visits to the dentist less painful by making them more frequent — by having tooth cavities filled while they are small and near the surface.

If children accept the dentist as a friend, and oral hygiene as part of the day's routine, then care of the teeth will soon become a habit instead of an unpleasant and, often to the child, an unnecessary task.

Visit Your Dentist Twice a Year

Home care of the teeth makes them stronger and better able to resist disease. But it cannot take the place of regular treatment by a dentist. In spite of the most careful brushing, cavities will form from time to time in the teeth. No drug, no dentifrice, no mouth wash yet discovered can absolutely prevent tooth decay.

Clean Teeth Retard Decay

While daily attention to your teeth cannot prevent all tooth trouble, it can greatly reduce the pain and expense of dental treatment. Tooth cavities are apt to be smaller, both in size and number, when teeth are kept clean. Cleanliness means fewer germs in the mouth and more certain existence for those that survive. The cleaning process also stimulates the teeth and gums, and increases their resistance to infection.

There is one effective way of keeping the teeth clean. That is by brushing.

Brushing should be done after each meal when the teeth are soiled from contact with food — also before going to bed. For, since the muscles of the cheek and tongue are quiet during sleep, growth and increase of germs can go on undisturbed and unchecked.

Brush them correctly. Haphazard motions with the tooth-brush do more harm than good. That way irritates the gums, scours away the tooth enamel, and fails to reach many points of infection. Teeth are cleaned safely and thoroughly only when they are cleaned systematically.

Be good to your teeth — use the Pro-phy-lac-tic Tooth Brush.

Begin by brushing the outer surfaces (those next the lips and cheeks). Place the brush along the teeth so that its tip overlaps the ones farthest back on both jaws. Press down gently but steadily with the thumb and fingers so that every bristle touches a tooth.

Brush with a circular motion, gradually bringing the tooth-brush toward the front of the mouth. Complete this operation four or five times. Then repeat on the other side of the mouth. In this way you cover not only the teeth but the equally important gums.

Next brush the inner surfaces (those next the tongue). Start with the upper jaw on the left hand side. Place the tooth-brush with the bristles lying along the inside edges of the back teeth. With an in-and-out, zig-zag motion, brush the roof of the mouth — finishing with the teeth on the opposite side.

Then brush the inner surfaces of the lower jaw. Start on the right-hand side. Have the tip of your brush reach the gums below the last back tooth. Use a fast, light, in-and-out stroke. Tip the handle of the brush up in brushing the gum back of the front teeth. Then go back to the in-and-out stroke for the teeth on the left side.

Clean with a twisting motion so as to scoop all food particles from the hollows in the teeth. Repeat in the same way on the upper left, lower left, and lower right-hand jaws.

Finally brush the masticating (chewing) surfaces. Carry the brush as far back as the last tooth on the right-hand side of the upper jaw.

A Correct Way to Brush Teeth

This is not the only way to brush teeth. But it is a way generally accepted by dentists all over the country, and it insures your teeth being always clean and white — provided you follow it exactly.

If you follow this system, you will be sure that every part of every tooth will receive an equal amount of brushing.

Fortunately tooth brushing is made much less difficult and more pleasant by the modern tooth-brush. Almost any dentifrice on the market today will do all that you can reasonably expect. It will clean your teeth — provided you use it on a tooth-brush that can clean every part of every tooth.

Choose the right tooth-brush — that is the important thing. Because the tooth-brush does the work.

No two dental arches are exactly alike. Some are wide and comparatively shallow. Others are narrow, deep and sharply oval in shape.

From this you will readily see that no tooth-brush of a particular shape can be made which is exactly suited to all mouths. A brush that would thoroughly clean a wider, more open dental arch might be much less effective against one that is narrower and deeper.

Therefore, examine your dental arch before selecting your tooth-brush. Ten seconds with your mirror will tell you the kind of arch you have. Then from the different types of brushes choose the one designed for your specific dental arch — the one designed to keep your teeth gloriously white.

Examine Your Gums.

But before deciding, take a look at your gums. If they are pale and lifeless, or if they feel tender to your touch, that shows they need to be stimulated. A tooth-brush that massages the gums at the same time that it cleans the teeth, is best calculated to do this.

Every Pro-phy-lac-tic Tooth Brush is absolutely guaranteed.

Aids to the Injured

Family Medicine Chest

The following are a few of the many articles which should be in every household in case of emergency — especially if a doctor is not to be obtained immediately : Absorbent cotton, bandages of convenient length and widths of old cotton (which every housekeeper has if carefully saved), old linen handkerchiefs, pieces of soft flannel, prepared mustard leaves, adhesive plasters, arnica, pure vaseline, collodion, witch-hazel, ammonia, borax, ipecac, spirits of camphor, aconite No. 3 labelled "Poison". No. 2 is invaluable in the household if administered carefully in fever, ten drops in a glass of water; dose, one teaspoonful each hour. Pure wine, whisky, or brandy, if the occasion requires.

The hot water bags are indispensable, and can be obtained at slight cost. One per cent solution of carbolic acid is very useful (also a deadly poison) in cases of injury, because of its cleansing qualities. If a cut is to be treated the wound should be cleansed in clear tepid water, then rinsed with the carbolic solution, then painted with collodion, which staunches the blood and serves as a varnish to keep out air and any dirt.

The solution of carbolic above mentioned is excellent for burns; saturate the cotton and put on the afflicted spot, bandage and keep wet.

Trifling injuries, whether cuts or tears, should be gently cleansed with lukewarm water poured over the wound, then replace the skin or tissue, and lay a clean white cloth, soaked in laudanum, peroxide or hydrogen, alcohol or water, over the injured part and loosely bind on.

A cloth dipped in cold water, or a key placed on the nape of the neck, or a teaspoonful of salt in a cupful of water or vinegar snuffed up the nose, rarely fails to stop the bleeding. Also, brown paper dipped in vinegar and placed on the nape of the neck will stop bleeding from the nose.

Burns and Scalds

Dust the parts with bicarbonate of soda, or wet with water in which as much of the soda has been placed as can be dissolved. When the burns are so severe that the skin and blisters are raised, open the blisters at one side and swathe the parts with soft linen anointed with simple serate or saturated with sweet oil, castor oil or equal parts of linseed oil and lime water. Burns from acids should be well washed with vinegar and water.

For carbolic acid burns, use pure alcohol; it destroys the strength of the acid immediately. Vinegar will do as a substitute.

Choking

If possible remove the offending substances at once with the fingers, or with blunt scissors used as forceps, or a loop of small wire bent like a hair pin. It may be possible to dislodge it by blowing strongly in the ear, or by causing the patient to vomit by tickling the throat. In a child, these efforts may be aided by holding it up by the legs.

Cholera Morbus

Give thirty drops of laudanum or two or three teaspoons of paregoric to an adult, or proportionate doses for children. Also apply over the stomach a mustard plaster or cloth wrung out of hot water and turpentine and frequently changed.

Cramps

A cold application to the bare feet, such as iron, water, rock, earth or ice, when it can be had, is an excellent remedy for cramp. If the patient be seized in the upper part of the body, apply the remedy to the hands.

Ayerst Cod Liver Oil — builds you up and keeps you fit.

Croup

Croup attacks children at night and is distinguished by a peculiar resonant, barking sound. Hoarseness is one of the earliest symptoms. Apply hot water to the throat for fifteen or twenty minutes with a sponge or soft cloth, and give powdered alum mixed in syrup, in half teaspoon doses, repeated every twenty minutes, until vomiting takes place. Keep the child warm, so that sweating may be induced, and strive to allay its excitement or fear.

Colic

May be treated as above, with the addition of an emetic or purgative, or both if due to undigested food.

Convulsions in Children

When these are brought on by indigestion, place the child in a warm bath immediately, give warm water or a lobelia emetic, rub the skin briskly, etc., to get up an action. In brain disease warm water is equally useful. In fact, unless the fit is constitutional, the warm bath will relieve the patient by drawing the blood to the surface.

Earache

If a living insect is in the ear, turn the head to the opposite side and fill the ear with tepid water, oil or glycerine, and it will soon come to the surface. A bright light thrown into the ear will also often succeed in bringing it out. Any body that will not swell when moistened with water may probably be removed by syringing the ear thoroughly, with the face held downwards. None but the very gentlest probing of the ear should be attempted by any one but a physician. Earaches may often be relieved by using hot drinks, and a hot poultice over the affected ear.

Diarrhoea

In sudden attacks of diarrhoea a large cup of strong, hot tea, with sugar and milk, will frequently bring system to a healthy state.

Eye

Dirt in the eye may be washed out by squeezing from a sponge a small stream of tepid water. To wash lime from the eye use tepid water moderately acidulated with vinegar or lemon juice. Cinders and other small particles may be removed generally by touching them with a soft silk or linen handkerchief twisted to a point, or by using a loop of human hair. Metallic particles can be removed often best by the use of a magnet. To expose the eye more fully, the upper lid may be easily averted by lifting it by the lashes and pressing from above by a slender pencil or stick.

To Save a Person on Fire

Seize a blanket from a bed, or a cloak, or a carpet, or any woollen material. Hold the corners as far apart as you can stretch them out higher than your head, and rush bodily on the person, throwing the fabric around the upper part of the body. This instantly smothers the fire and saves the face. The next instant throw the unfortunate person on the floor. This is an additional safety to the face and breast, and any remnant of flame can be put out more leisurely. The next instant immerse the burnt part in cold water, and all pain will cease with the rapidity of magic. Next get some common flour, remove from the water, and cover the burnt parts with an inch thickness of flour; if possible put the patient in bed, and do all that you can to soothe until the physician arrives. Let the flour remain until it falls off itself, when a new skin will be found, and unless the burns are deep, no other application will be needed.

— When shopping remember the good firms who made possible the gift of your book —

Hemorrhages

In hemorrhage from an artery, the blood is bright red, and spurts or jets out from a cut. To stop it, make compression between the wound and the heart. In veinous hemorrhage the blood is dark in color and flows in a steady stream. Hemorrhage from the lungs is bright red and frothy, while that from the stomach is of a dark color. To make thorough compression of a blood vessel, knot a large handkerchief in the middle, place the knot over the line of the vessel, tie the ends firmly around the limb, thrust a short stick beneath and twist by turning the stick like you turn an auger.

Nausea and Vomiting

First cleanse the stomach by giving large draughts of warm water, and then give small pieces of ice, a tablespoonful of lime water, or a half teaspoonful of aromatic spirits of ammonia, or a small quantity of magnesia or baking soda, and, if necessary, place a mustard plaster over the pit of the stomach.

Sore throat

Gargle with warm water or alum in sage tea, and drink often and freely of flaxseed tea.

Flaxseed tea should be made by pouring a pint of boiling water on one or two teaspoonfuls of whole flaxseed and stirring it up for a few minutes. The flaxseed should not be boiled, as that would bring out the oil, which is too heavy for the stomach. It is only the mucilage from the outside of the seeds that is useful. Chlorate of potash, an ounce in a pint of hot water, makes a very good gargle for a simple or ulcerated sore throat. It is nearly tasteless, and not being at all offensive to take, is well adapted to children. A stronger gargle is : Take of very strong sage tea half pint strained honey, common salt and strong vinegar, of each two tablespoonfuls; use one teaspoonful of pulverized cayenne pepper, steeping the cayenne with the sage. Strain, mix and bottle for use, gargling from four to a dozen times daily, according to the severity of the case. To smoke dry mullen in an ordinary but new clay pipe has been found very beneficial where there is a tickling in the throat or hacking cough or other irritation.

For Backache and pain in the chest the Belladonna and Capsicum plaster is the best that can be obtained at all drug stores.

For a foreign substance in the nose : Close the opposite nostril, and blow the nose hard, or tickle the nostril to induce sneezing.

Foreign bodies in the throat are usually very serious, owing to the danger of strangulation. Try dislodging the substance by slapping the back violently between the shoulders; or hold the child by the feet with the head down, and again slap the back between the shoulder blades, or force the mouth open and try to hook it out.

If breathing is seriously interfered with, send for a doctor at once, and tell him the nature of the accident, so that he may bring the proper instruments, as every moment counts.

Wash cuts thoroughly, and cleanse with peroxide. There is no better remedy than turpentine to take out soreness and kill the poison in a wound, especially those made by rusty nails, etc.

Apply hot water to a bruise by wringing out flannels from water as hot as can be borne, changing until pain is relieved.

Treat sprains in the same way, and do not allow use of the injured member until the pain and swelling has subsided.

Send the Publishers the names of your newly-married friends, or brides-to-be

Poisons and Their Antidotes

When poisonous substances have been taken into the stomach, the first move is to cause the ejection by vomiting, or neutralization by proper antidotes. Our first step, however, should always be to get rid of as much of the poison as possible by vomiting — riddance is always preferred to neutralization — but that which remains must be rendered inert by proper antidotes. Vomiting should be produced by the simplest means when they are sufficient, such as tickling the throat with the finger or a feather, or by drinking lukewarm water, salt and water, mustard and water, but when these means are insufficient we should at once resort to one of those emetics which are most powerful and speedy in its operation, as tartar emetic, sulphate of copper, or sulphate of zinc. When vomiting has been excited it should be continued by copious draughts of warm water, or by tickling the throat with the finger or a feather until the poisonous substances are ejected. In cases where vomiting cannot be produced, the stomach pump must be used by skilled hands, especially in arsenical or narcotic poisons. When as much of the poison as possible has been gotten rid of by vomiting, the following antidotes will be found the most simple and reliable : acids are neutralized by alkalies, such as very thick soap suds of soap and milk, chalk, soda, lime water, magnesia, or saleratus. In cases of poisoning from sulphuric acid do not use soap suds or lime water; for nitric or oxalic acid use magnesia and lime, and for prussic acid use dilute ammonia and electricity. Alkalies are neutralized by acids, the vegetable acids, vinegar, or oils in large quantities. Opium and other narcotics are neutralized by strong coffee and frequent doses of aqua ammonia, following and during frequent powerful emetics, and for the spasms of strychnia use chloroform, or ether and electricity. Motion and heat must be maintained in poisonings of this character.

Arsenic is probably the most difficult poison to antidote successfully of any we have to contend with; hydrated peroxide of iron in tablespoonful doses every ten minutes until relief is obtained is relied upon by the profession oftener than any other treatment. This preparation, as well as any others named under poisons, can be procured at any druggist.

When poisoned by bismuth, copper and their compounds, mercury, tin, zinc, and their salts, and creosote, use albumen in some form; as the white of eggs, sweet milk, strong coffee, and mucilaginous drinks.

For lead and its salt, use epsom salts, glauber salts, dilute sulphuric acid, or even lemonade, in mild cases.

For iodine, use starch, wheat flour or arrowroot beaten up in warm water.

In poisoning from animals, but little or no benefit is derived from vomiting, but we should at once resort to antidotes and often to the actual cautery.

For the bite of a mad dog, the actual cautery should instantly be applied to the wound and large doses of zinc, or muriate of iron, given for several days.

For serpents' stings, apply the actual cautery immediately and give sufficient whisky or brandy to produce intoxication. For insect poison apply iodine, or hartshorn and oil, to the part and give stimulants for a day or two.

Ivy Poisoning or Poison Oak

Treated by the application of cloths saturated with sugar-of-lead water, or with solution of bicarbonate of soda in water. Hot water applications will give instant relief.

Patronize the firms whose announcements appear in this book.

The Care of the Eyes

Sight is the most inestimable of all blessings; blindness the most woeful of all afflictions. Without the use of our eyes, we dwell forever in a dark room all alone, without friends to share the gloom, and are deprived of the multitude of pleasures which sight brings into the lives of humankind. No one of our senses is as important in work and play, for happiness and contentment, as this sense of sight. Deafness is a minor affliction when compared to blindness. Loss of a limb is a handicap, but one that can be overcome. Loss of sight is living death, much more dreadful to bear if caused by neglect or carelessness.

It is the saddest of all commentaries on human nature that most of us are extremely negligent so far as our eyes are concerned. We make periodical visits to the dentist and the doctor, but never give thought to our eyes to the extent of visiting an Optometrist or Oculist. We abuse our eyes as we abuse no other of our organs. We read by poor or improperly directed light. We read while reclining. We neglect to give our eyes the proper rest. We strain them in a thousand and one ways, and too often never think of consulting an eye specialist until the pain from our tortured eyes becomes unbearable or our eyes become so weak that we are alarmed. Few people have any idea of the number of ills which may beset the eyes, and of the ordinary precautions which should be taken as a matter of course by any person who has a due regard for these essential "windows of the soul". Just as it is necessary for us to consult our dentist and doctor at regular intervals, whether we have any trouble to refer to them or not, so it is necessary for us to visit a competent Optometrist or Oculist periodically. For eye troubles creep upon one almost unaware, and only a specialist can be trusted to diagnose the complaint well in advance and prescribe the remedy so that its application will be of the best use.

Eye troubles manifest themselves in various ways, and a knowledge of these will prove very useful to anyone. The most common symptom is tiredness, a condition when the eyes refuse to work without painful fatigue. This is most apparent in reading. Another symptom is the involuntary frown or partial closure of the eyes when reading or gazing at small objects. Yet another is the "swimming" or dimming of objects long looked at. Pain too is almost always a symptom of eye trouble when it occurs in the eyes themselves, in the temples of the forehead. Often, too, a nervousness otherwise unaccounted for is due to some defect in the eyes.

If any of the above symptoms show themselves go to a competent Optometrist or Oculist. Never on any account purchase glasses from a store. The cheap, carelessly ground lenses are invariably defective, and their use would lead to eye-strain and other serious troubles. Only a specialist can examine the eyes correctly. Go to one, tell him all the uses to which you put your eyes, the faults of vision you have, and everything else which you think might have a possible bearing upon your eye weakness. If you need glasses, he will tell you the exact lenses you require. If you do not need glasses, he will just as cheerfully tell you so. In any event, you will receive good advice and the re-assurance that your eyes, if you follow the directions laid down, will remain strong and perfect all the days of your life. The glasses you buy will in this way suit the condition of your eyes, will be made of good glass, will be ground specially for you, and their frames will fit you perfectly and keep the centre of the lenses exactly opposite the pupils of your eyes.

Patronize the firms whose announcements appear in this book.

The Care of the Hair

Modern civilization and its great advances have made no appreciable difference in the charm exercised by womanly beauty. Woman to-day exerts her sway unquestionably, and men bow before her exquisiteness, just as in olden times.

From time immemorial, woman's crowning beauty has been her hair. So it remains to-day, despite the changes that modern living conditions, and modern activities have brought about, exquisite healthy hair, beautifully and modernly arranged will make any woman charming. On the other hand, the most lovely complexion, the utmost perfection of features, will be spoiled by ill-kept, poorly arranged hair. For this reason, therefore, the Bride's chief consideration should be the care of her hair.

The hair should be washed every two weeks. Some hair demands more frequent washings, and the Bride will profit from the expert advice of hair specialists if she makes it a practice to consult them periodically. So much care is needed to wash hair properly that it is always best to entrust this operation to specialists.

Singeing of the hair is absolutely necessary after the hair has been cut. This treatment if carried out by expert operators makes the hair stronger and retains in each hair that super-vitality and sheen which means so much to a woman's attractiveness.

Scalps that tend to be dry should be given an oil shampoo at least once a month. This prevents the formation of scale and keeps the scalp soft and clean. Hair inclined to be oily should have Orris Root carefully brushed into it at frequent intervals.

It is, of course, generally known that the hair is a vegetable growth and it adheres to all the laws that govern that particular class of living things. Just as plants have their periods of great growth and periods of quiet, so it is also with the hair. In spring and autumn hair has a tendency to fall, and unless this is guarded against by prompt, efficient treatment, permanent harm may ensue. Science has now developed an effective remedy for falling hair in the Violet Ray treatment, and every woman affected in this way, should make use of it.

But the Bride should remember that all the treatments mentioned above will be without avail if she neglects to give her hair the very essential daily care it needs. The hair should be brushed carefully every day, preferably just before retiring. This is the best time, also, to massage the scalp by means of firm and smooth pressure with the extended finger tips. Massage, if carried out properly and regularly, gives the scalp much needed exercise, stimulates it, and brings into the tiny veins rich blood which is so necessary for the growth of the hair.

An Olive Oil — Dry Shampoo.

To promote a healthy scalp: Mix a small quantity of corn meal with a few drops of Olive Oil; part the hair in various places and sprinkle the meal directly upon the scalp. See that the entire scalp is covered. After five minutes, massage the scalp vigorously until it feels aglow. Now dry the hair thoroughly with a clean towel, and brush it until you are sure all the meal is removed. This treatment, at frequent intervals, stimulates circulation, restoring the scalp to a healthy state. If you prefer this shampoo perfumed, add a little powdered orris root to the corn meal.

Use PASTENE "Purity" Olive Oil — Best for Medicinal purposes.

Health and Beauty Hints

Every husband has a right to expect his Bride to come to him healthy and beautiful, and he has also the right to expect that her glowing health and attractive beauty will endure down all the years of their married life. If health and beauty were mere accidental possessions, which some women had as a birth-right and some women did not have, there would be no need of devoting these valuable pages to their discussion. But emphatically they are not in the case of most women. In nearly all Brides lies the hidden power of being both radiantly healthy and beautiful. The only requirement is a faithful, unswerving obedience to the fundamental laws which govern both health and beauty. Health is a matter of routine, of attention to a hundred details of diet, exercise, work, play, sleep and cleanliness. Beauty is not entirely a matter of perfection in form and feature, but is the inevitable result of careful living, high thinking, and the unfaltering observance of a daily ritual. True beauty rests on a foundation of health. True health is almost a positive guarantee of beauty.

One of the most important duties that a Bride assumes is that of guarding the health of both her husband and herself. In this as in most other things of life, it is the start that counts. Begin married life in a right manner, and nothing is more easy than to continue in the same way. But once start wrongly, once let health-breaking habits get a hold, and it is almost impossible to bring about a change. The "sine qua non" of a health for everyone is moderation. Eating moderately, drinking moderately, working moderately, playing moderately, even sleeping moderately — these are the things that health is built of. Excess in anything is as bad as under-supply.

The first thing to do is to establish regular hours for retiring and arising. This does not mean that no exceptions should be made occasionally. But on five nights out of seven, the right amount of sleep necessary for health should be had. The second requirement is plenty of fresh air, both day and night, summer and winter. A window or windows should always be open in the sleeping-room during the night. Colds are never caused by fresh air, no matter how cold it is. All the house should be aired every day, windows and doors being thrown wide open so that the health-bearing breezes may sweep into every corner. The third requirement is plenty of sunshine. Sunshine is known now as the great cure-all for most troubles that afflict us, and by making sure that body is exposed to the beneficial rays at least for a short time each day we are advancing far along the road to perfect health.

Regularity in meals is as necessary as regularity in sleeping. The most customary mistake in the matter of eating is the skipping or omitting of the morning meal, due to late rising and the necessity of hurrying on to the day's work. The effort needed in order to allow enough time for a substantial, unhurried breakfast is more than repaid by the health-benefits that follow. The midday meal for most people should be a light one, with the main meal of the day being taken in the evening.

A daily bath is another essential for health. The water should neither be too hot nor too cold. A comfortable temperature is the best. Plenty of soap and a thorough rinsing and drying should be part of the daily bath-routine. If the hair has become wet, special attention should be given to drying it completely.

Baby's Own Soap — Best for you and Baby too.

Good health demands regular elimination of waste products, and all the effort needed to acquire regular habits in this regard will have its reward. The continued use of laxatives and cathartics is to be deplored, for they fasten upon the system a habit extremely hard to break and one that produces most of our ills. Exercise and the eating of the proper amount of roughage will correct nearly all cases of constipation.

If the Bride will observe the foregoing rules and will establish the habit of taking a certain amount of exercise each day, she will lay unshakable foundations for both health and beauty. For the two are interdependent, as we have seen, and both of them in turn depend upon healthy vigorous circulation, well-toned muscles and nerves, and an erect supple carriage. The exercises of the proper kind judiciously adopted to each Bride's special physique, needs and habits, will develop these in a surprisingly short space of time.

Swimming is a form of exercice that can be recommended unhesitatingly to almost every woman, it brings into play every muscle in the body. The uniform use to which all muscles are put in swimming, fills in hollows, does away with fat, and produces that true symmetry of form which is the desire of every woman.

Next to swimming, walking is the best exercise that the Bride can make a habit of taking. She should have one long walk in the air and sunshine once a day during fine weather. By beginning with a walk of one-quarter mile the first day, in a few weeks she will reach a stage where a walk of two or three miles is a positive tonic to her.

The mind plays such an important part in the health of our bodies that even the rigid cultivation of all the above habits will be useless if we fail to approach life and its problems in a cheerful frame of mind. It is a good idea to practice cheerfulness, even to make a cult of it. Days are never so dark, but that we can find reasons for being cheerful if we only hunt long and hard enough. Worries are transitory things that never last. Fears vanish if faced bravely, and life is so full of opportunities to be happy that we waste much valuable time in foolish little troubles which are of no importance when viewed in relation to life as a whole.

Introspection and the habit of self-pity as well, are deterrents to perfect happiness and hence to perfect health, and all means should be used to turn the thoughts to outside things of a happy nature. There is work to be done in the world, a husband to keep happy, well and cheerful, a wife to guard faithfully from every trouble and worry — if wife and husband keep these in mind they will lead the lives they wish to lead and be happy as well as healthy.

The woman who earnestly desires to be beautiful first of all must make an honest appraisal of herself. She must look at herself as in a perfect revealing mirror, and see all her good and bad points and mediocre traits in their true size and importance. Only when she has come to a true understanding of what she is and is not, what she has and has not, will she be able to plan her campaign with any hope of ultimate success. One of the first things she should discover is the hopelessness and silliness of trying to remake herself in the image of another woman. She is a type of her own. No other woman has exactly the good points or the faults that she possesses, and it is the height of folly to imitate where there is no chance at all of success. Being true to one's self is therefore the first law of beauty as it is also the first law of beauty's sister, charm.

Baby's Own Soap — Best for you and Baby too.

Taking for granted the fact that true beauty is only present where there are also nobility and purity of mind, we can turn to a consideration of the purely physical aspect of beauty. Beauty consists of a perfect blending of many elements. A pleasing contour of figure is spoiled by an imperfect carriage or lack of poise. The clearest of skins is ruined by dull and lack-lustrous hair. Poorly kept hands will act as a foil to beautiful teeth. A most beautiful woman can be made dowdy by poorly-cut or slovenly fitting clothes. And so on. Beauty depends upon the existence of harmony in all of the many details that go to make up appearance.

In caring for the skin, absolute, almost surgical cleanliness should be observed. Special care should be given to the face, neck and hands. A pure neutral soap should be used — castile soap is as good as any — and the water should be comfortably warm, neither too hot nor too cold. The wash-cloth should be just rough enough to be properly stimulating. In rubbing the face, all rubbing should be done upward, as downward rubbing has a tendency to stretch the facial muscles and induce sagging. After the face has been thoroughly washed and dried, a pure cold cream or night cream should be applied. This should be left on the face overnight, or wiped off gently with a very soft cloth. A cleansing cream may be used instead of soap by women whose skin is too tender even for castile soap. A thorough cleansing in the above manner at night time will do away with all necessity for further attention during the day. A slight washing with lukewarm water, the application of vanishing or cold cream will be all that is necessary before powdering.

Cleanliness is very important in the care of the hair, but much trouble often follows an undue amount of washing. If the hair is not unduly coarse or oily, washing once a month is sufficient, along with the daily brushing and combing. After each washing the hair should be carefully dried in the bright sunshine, if at all possible. Towels of soft absorbent texture, well-warmed, should be used. Artificial heat, which has a tendency to make the hair extremely dry and brittle should be avoided. After the thorough drying, the hair should be carefully combed and brushed, with combs of hard rubber and brushes that have long soft bristles. Combing and brushing should be continued until the hair is loose and soft. Long hair, particularly if worn tightly coiled, should be unloosed as often as practical and exposed to the air and sunshine. Just as sunshine is the most effective aid to health, it is also the most effective aid to beauty.

Rough, chapped or improperly cared-for hands are inexcusable, for a little care will remedy even the worst conditions. Rough or chapped hands should be washed thoroughly each night in warm water, castile soap being used. After a thick velvety lather has been applied to the hands, a little corn meal should be rubbed in thoroughly. Corn meal is a wonderful effective cleansing agent. After the hands have been rinsed of soap, they should be dried well. Care should be taken to avoid rubbing. Olive oil should then be rubbed in well. If the nails tend to brittleness olive oil carefully applied will soften them. In the care of the nails, scissors or patent clippers should never be used. A file should be employed to reduce the nails to the proper length and shape, and then a small piece of absorbent cotton should be wound around the smaller end of an orange-wood stick, and dipped in water, should be used to press the cuticle down from the base of the nail in order to expose the half-moons. Dead cuticle can be rubbed away gently with the absorbent cotton, care being taken to avoid injuring the

Use PASTENE "Purity" Olive Oil — Best for Salads. — Best for all Cooking.

live cuticle or abrading it in any way. If the Bride encounters any condition of the hands or nails which she does not know how to deal with, it will be a good investment if she visits a competent manicurist and observes the technique employed.

Sound, flashing teeth are not only essentials of health but also of beauty. Periodical visits should be made to the dentist, and his advice followed to the letter. The tendency that many people have of delaying necessary dental work until the last minute is ruinous to beauty, for the resulting tenderness of the mouth prevents the thorough massaging of gums and the brisk rubbing of the teeth which are necessary to keep the discoloring film from forming. Tooth brushes should be just hard enough to stimulate the gums, and all brushing should be done downwards, never up and never across the teeth.

The eyes are the "windows of the soul" and in most case supply the vivid element in a woman's beauty. Too much care cannot be given to keeping them clear and bright, and to framing them in the most beautiful way. Some extremely lucky women have beautiful eyes, beautiful lashes and beautiful eye-brows, but with many women it is necessary to give Nature a little assistance in the matter of the frame of the eyes. The face, its contour and shape, should be taken into account. A decided arch to the eye-brows is very becoming to a rounded face, while straight eye-brows become the thin, narrow face. The judicious use of tweezers, after having first wetted the eye-brows in order to soften them, will mold the line of the eye-brows to the most suitable line. An eye-brow brush should be used daily to keep the eye-brows well brushed down. Brilliantine applied to the eye-brows gives them a desirable lustrous sheen that adds effectiveness to the eyes themselves Rings under the eyes may be entirely eliminated by the skilful use of a little rouge.

If the Bride wishes to use lipstick, she should exercise extreme care in choosing the shade that suits her best. She should also take great pains in outlining the shape of her mouth and lips. A large mouth will seem smaller if the colour is applied in the centre and gradually thinned out towards the sides. A small mouth can be made to seem larger by continuing the color to the extreme ends of the lips. Well-shaped lips need no artificial shaping.

Rouge should be applied up and down on the cheeks if the face is rounded with high cheek bones. Care should be taken to let the colour retreat on all sides into the skins so that there is no hiatus between natural and applied colour. Do not apply rouge close to the ears, nor close to the nose, nor too low down on the cheeks. Faces oblong in shape should have the rouge well spread over the cheeks with the centre of the colour much lower than in the case with round faces. Faces that are between these two shapes should be rouged in accordance as they approach one shape or the other.

In all the details of toilet routine, be sure to use the best light obtainable. In the final survey of one's self before going out, try to approximate as far as possible the conditions under which you will be. If the occasion is an evening one, make your toilet under electric light, if the affairs is to be in daylight, make your toilet by sunlight. Use a powder puff that will apply the powder evenly and lightly. Avoid putting powder directly under the eyes or on the eye-brows. Powder under the eyes lends an appearance of age to an otherwise youthful face.

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Olive Oil — An indispensable Aid to Beauty.

Olive Oil is so invaluable a product, with so many and varied uses, that a supply should always be kept in every modern household. Particularly is it valuable as a toilet necessity.

For chapped face and hands: A well-known authority on skin treatment, advises the sprinkling of a clean wash-cloth with cor nmeal, to which a few drops of Olive Oil have been a dded, applying the cloth thoroughly to theaffetced parts. The corn meal softens the skin —the Olive Oil is absorbed into the pores. Use the same treatment for removing stains from the hands and keeping them white and soft. Another treatment is: Pat warm Olive Oil on the hands and massage them as if you were drawing on a pair of tight kid gloves.

For brittle nails and for a stubborn cuticle: Soak the fingertips in warm Olive Oil for about fifteen minutes each day, and work the cuticle backward with the thumb, gently removing the dead skin. This strengthens the nail and improves its shape, as well as beautifying the cuticle.

A delightful shampoo with warmed Olive Oil: Just before retiring, brush the hair carefully, separating it into small strands, and apply the warmed Olive Oil either with a medicine dropper or a small piece of absorbent cotton. This treatment is more beneficial if the Oil is left on all night, before shampooing with soap and water.

To improve the growth and thickness of the eyelashes : Apply Olive Oil very gently with the fingertip or with a piece of absorbent cotton, before retiring.

After a strenuous day: Massage the face and neck with Olive Oil, using an upward and outward movement, until all the oil has been absorbed by the skin. If your face and neck are thin, continue this treatment once a week. The results will gratify you.

As a base for powder: Many women now prefer Olive Oil to cold cream.

Cod liver Oil — Slenderizing Aid.

Nowadays, when so much attention is given to diet, particularly to slenderizing diets, a word of helpful suggestion may not be amiss. The logical tendency of such diets is towards the elimination of fat content from one's food. This procedure deprives one of the natural sources of the fat-soluble vitamins, and if maintained for a prolonged period, causes vitamin deficiency. The reader can doubtless recall instances to one's personal knowledge where someone's health has seriously suffered in the effort to reduce.

At first glance, it may seem paradoxical to suggest the use of about three teaspoonfuls of Cod Liver Oil a day, in order to ensure an adequate supply of these important vitamins, while on a fat-free diet. Cod Liver Oil is the most natural source of these vitamins, as for example: one teaspoonful of biologically-tested Cod Liver Oil will contain as much as almost one pound of butter, while the minute amount of fat contained in a teaspoonful of Cod Liver Oil is really; significant. We realize, however, that many find it difficult or inconvenient to take pure Cod Liver Oil, or may wish to avoid even the small percentage of fat which the Cod Liver Oil contains, and for those we suggest " Calcium A " capsules which contain a vitamin concentrate prepared from Cod Liver Oil, from which the fat is discarded. Each of these capsules contains all the vitamin value of one teaspoon of Cod Liver Oil.

If you would slenderize, do so with safety — consult your physician, as there are many other dangers which may be encountered from a radical change in one's food habits.

We might observe that the purest and best Olive Oil will give the best results anp can recommend Pastene's Purity Brand Olive Oil, as being a product of the very highest standard, produced and packed under the most hygienic conditions.

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What Every Expectant Mother Should Know.

The Signs

How shall I know that I am pregnant? is the first question which a prospective mother asks. There are many signs of this condition, but several in particular which she may herself observe. These are :

1. The menses fail to appear (amenorrhoea).
2. Nausea and vomiting in the morning.
3. Frequent urination.
4. Changes in the breasts.
5. Quickening.

Cessation of the Menstrual Flow is practically invariable in pregnancy. One and sometimes two periods may appear after conception, but other causes of bleeding may be excluded. Sudden stoppage of the periods in a healthy woman of child-bearing age is strongly suggestive of pregnancy. To be sure, the periods may sometimes be absent on account of fright, grief or disease, a change from a low to a high altitude, or to an ocean voyage; but they rarely remain away, in such cases, for more than two or three months. The fear of becoming pregnant, as well as excessive indulgence in intercourse, will occasionally have the same effect. Stopping of menstruation is also common when a woman has a systemic disease like tuberculosis, or some deficiency in quality or quantity of blood.

Morning Sickness occurs in about one-half of all pregnancies, but more often with the first than subsequent pregnancies. This symptom usually appears soon after the first period is missed, and it varies greatly in severity at different times and in different people. Some women have a little nausea on arising in the morning and no more that day, while others may be sick in the morning and after each meal, or, indeed, all day and all night. Still, the tongue generally remains clean in these cases, and the health of the body is not otherwise affected. Most physicians believe this symptom is produced by an irritation of the nerves through some of the by-products of pregnancy.

Frequency of Urination is not uncommon during the first three months, but it occurs often also in other conditions, so that it is not particularly significant, except as a sign of pelvic congestion due to the growth of the egg.

Quickening occurs about the seventeenth week of pregnancy. By this is meant the recognition by the mother of the movements of the arms and feet and trunk of the child in the uterus. The sensation is conveyed directly to the tissues of the mother by contact. It has been likened to the flutter of a bird held in the closed hand, or to the twitching of a muscle.

Either from ignorance, from disease, or intent to deceive, any or all of these symptoms may be present in a non-pregnant woman, but at the tenth week the changes in the womb will be so marked that an internal examination will settle all doubts. The X-ray also will give a definite picture as early as the bones will throw a shadow. The doctor's opinion may be formed much sooner, but he usually holds his decision in abeyance until the proof is beyond dispute.

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The Regularity of Uterine Growth, especially if measured at definite intervals with the tape line, is one of the more reliable signs. At the fourth month, the uterus can be felt as a perfectly round ball just above the pelvic bone in front. At the sixth month, it reaches to the navel; and at the eighth month it is midway between the navel and the breastbone.

Being satisfied that pregnancy exists, we are curious to know when the labor will occur. Unhappily, a decision on this point cannot be very accurate, since the onset of the pains is entirely accidental. The inauguration of the pains seems to depend on many factors, and none of them is certain. Furthermore, conception does not take place necessarily at the time of intercourse, and we have no means of knowing whether the fertilization of the egg occurred just after the last period present or just before the first period missed. Thus there is always a possible error of three weeks.

The Date of Confinement is calculated approximately in several ways. We assume, with a justice founded on many years of intelligent observation, that the duration of human pregnancy is about two hundred and seventy-five days. and so we count back three months from the day on which the last menstrual period began, and add seven days. The result is the date on which the pregnancy should end. Or, one may count twenty-two weeks from the day on which lightening was noticed, or two hundred and seventy-five days from the day on which conception was supposed to have occurred.

Lightening is due to the descent of the head into the pelvis. It is more common among women carrying their first baby. In all cases, with or without lightening, the maturity of the babe can be safely established by measurements which the physician may make through the abdominal walls.

The Hygiene of Pregnancy is made up of those measures which are used in the belief that they contribute to the health of the mother and the child. It is really a physical and mental preparation for the birth and nourishment of the babe. The mother must learn that breast-fed infants thrive better and have fewer diseases than those reared on the bottle, and that her own habits and manner of life during pregnancy have an important influence upon the developing child.

In the matter of diet, the mother must remember that the child is entirely dependent on her blood for its nourishment. If, therefore, she lives in such a way as to promote her own health; if she gets enough sleep and exercise; eats sensibly of simple foods; and sees to it that her digestive organs are in good condition, she can be reasonably sure that her child will build up a normal brain in a healthy body.

The mother need not alter her ordinary diet materially, if it has already been properly and thoughtfully chosen. Any food or drink which causes discomfort or indigestion should be avoided now, just the same as if no pregnancy existed.

In general, the mother must consider the prime importance of elimination. The bowels, skin and kidneys must be kept actively at work excreting the waste products of the mother and of the child she carries. These waste products sometimes accumulate and cause dangerous complications. Liquids, and especially fresh fruits and vegetables, must therefore form a large part of her daily diet. Water, cocoa, chocolate, soups, broths, milk and buttermilk should be taken freely. Eight glasses of fluid a day are none too much. If milk constipates, it may be replaced by something else — possibly weak tea. Strong tea and coffee must be avoided at all times.

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All cereals, and especially oatmeal and bran, are desirable; and only those foods, cereal or vegetable, which produce indigestion, are omitted. Meat is permissable once a day, unless there is trouble with the kidneys or some other disorder which makes it unwise to eat meat at all. The dried fruits like figs, dates, apricots, prunes, apples and peaches, may be eaten generously, either cooked or as they come. It is not necessary to "eat for two". The stomach must not be overloaded, and it is far better to eat lightly several times a day than to disturb the digestion even transiently.

Longings are really an eccentricity of appetite and a perversion of taste. The pregnant woman often craves peculiar, and sometimes unnatural or even revolting, articles of food. It was thought at one time that this was a sign of something detrimental to the child, and a multitude of devices was invented to bring it into control. We now know the condition is harmless and the appetite may be indulged freely in all reasonable foods.

Constipation is almost the rule in pregnancy. It is due partly to lack of fluids, partly to changes in the bowel secretions, and partly to pressure and mechanical crowding. Fresh fruits, and berries will help, (apples, peaches, apricots, oranges, pears, cherries, pineapples, grapes, grapefruit, plums and all berries except blackberries). The dried fruits are also valuable. Prunes, figs, dates, apples, peaches, apricots and pears may be eaten freely, cooked or uncooked.

Whole wheat bread, graham bread, bran in all forms, cornmeal, oatmeal, hominy and grits, all stimulate intestinal activity. Fresh vegetables again are desirable, such as asparagus, tomatoes, peas, beans, carrots, spinach, celery, cress, lettuce and turnips. Onions are especially good, potatoes eaten with the skins, cabbage, cauliflower, brussels sprouts and radishes are all right if they do not disagree.

Enemas are not suitable for everyone, and, if frequently used, tend to weaken the muscular activity of the lower bowel. Besides, it is only the lower end of the intestine that they empty; the upper part is unaffected. Russian oil (Liq. Petrolatum) often acts happily, but if the constipation persists, the doctor should be notified.

Exercise. A pregnant woman should spend at least two hours daily in the open air. The exercise should not be violent and not attended by risk or great excitement. Golf, swimming, tennis, dancing, horseback riding, bicycling and fast driving in automobiles should be avoided. Agreeable open air occupations strengthen the muscles, stimulate excretion and refresh the nervous system, but the point of moderate fatigue must not be overstepped. The bracing outside air purifies the blood, clears the brain, and promotes digestion and assimilation of food. Walking in moderation is best. It developes the abdominal muscles, causes deep breathing and assists elimination. To try to develop during pregnancy a set of muscles long quiescent, in the hope of aiding the approaching delivery, is fruitless. Travel must be restricted but mental diversion is essential if courage and cheerfulness are to be maintained.

Plenty of Fresh Air must be available night and day. If the woman cannot sleep out of doors, the windows should be flung wide open at night. The living rooms, too, must be well ventilated always.

Sleep. The expectant mother requires more than the usual hours of rest. She should take, if possible, at least six hours sleep each night, and not allow her pride to stand in the way of an additional nap in the daytime.

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Clothing must be warm, loose, simple and suspended from the shoulders. To prevent chilling, wool or silk should be worn next to the skin — light weight in summer and heavy in winter. It is now possible to have a maternity gown that is suitable to the condition, and agreeable to look at, without emphasizing pregnancy. Any pattern book will supply numerous models, if sufficient variation is not to be found in the shops.

Union suits, either with or without neck and sleeves as the season demands, a maternity corset or waist without bones and with side elastics for the stockings furnish the fundamentals. Over this may be thrown a light weight petticoat and then the maternity dress.

The "straight front" corset may be worn up to four or five months, but at that time it should be replaced by the maternity type — a type which does not constrict but lifts up. During the last eight weeks, some form of abdominal support is often required.

Circular garters must not be worn at any time, because they favor the formation of enlarged veins in the legs (varicose veins). The breasts may become heavy and painful, and require the application of a well-fitting bust support.

Comfortable, sensible shoes are necessary, and broad low heels are quite important to help the woman keep her balance. Toward the end of the pregnancy, the feet may swell and require shoes larger than usual.

The skin demands much attention, for a large part of the waste of the body, probably a pint a day, is thrown off through the pores and sweat glands. These little openings must not be allowed to clog and so the entire body should be washed at least once a day. This bath may be shower, tub or sponge up to the eighth month, then the tub should be given up. The water must not be too hot or too cold, but just a little above the temperature of the body. It should feel gratefully warm to the surface of the body. Besides cleaning the skin, the bath stimulates the circulation, and this effect is increased by brisk friction with a warm towel of coarse fibre — the Turkish type. A mild non-irritating soap may be used two or three times a week unless the skin is overly sensitive. In such cases, cocoanut oil may be used for whole bath.

Vaginal Douches should be used sparingly, if at all, during pregnancy. The water should be of tepid temperature only, and the reservoir just a few inches above the level of the hips. Sometimes it happens that the secretions are unusually abundant, and a daily washing of the external parts will be desirable, not only for cleanliness, but to prevent odors and skin diseases. The internal douche is employed only for cleanliness so that no antiseptic is put in the water. If one is desired, Boric acid may be used, as much as will dissolve in warm water.

The Odor of the Body during pregnancy sometimes becomes offensive, and gives a great deal of annoyance to the patient. The daily bath will be of value in these cases, but since most of the odor comes from the decomposed secretions of the hair follicles, it is often necessary to shave off the body hair. After washing the part (armpit) with soap and water it should be heavily dredged with a deodorant toilette powder.

The Breasts will attract attention early. It is a great misfortune if a woman cannot nurse her child, and the breasts must be ready to play their important part after baby comes. The preparation of the organs should begin in early girlhood. Injury to the growing glands during exercise must be guarded against, as well as pressure from the clothing. When pregnancy

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supervenes, the glands take on a new activity, and ample room for this development must be provided for in the looseness of the dress. About six weeks before delivery, the doctor should examine the nipples and determine upon their condition. They should not, as rule, be toughened by the use of astringents, lest they become brittle and crack, but the crusts that form around the nipple and the dried scales can be removed by a daily wash with soap and warm water, while the nipple itself can be kept soft by the use of cocoanut oil or cocoa butter. Olive oil will do. The application should be made for two to six minutes every day, and the nipple should be gently rolled and twisted, and pulled out by the thumb and finger to accustom it to use.

The Teeth frequently decay at this time. The old saying is, "with every child a tooth". To-day, medical science has shown that this is not necessary an a mother may preserve her teeth against crumbling by proper dietic management. The unborn babe requires lime salts for its development and any deficiency of these in the mother's diet must be made up from the supply contained in her own body — notably her teeth. Therefore an adequate amount of these lime salts must be supplied through the diet of pregnant and nursing women in order to ensure against tooth decay. Milk and leafy, green vegetables and spinach, cabbage, carrots and lettuce are excellent sources of supply, but the body should be liberally exposed to sunlight, or if this be not practical, pure, biologically-tested cod liver oil should be taken regularly to ensure the adequate assimilation of the lime salts contained in these foods. Any cavities which may occur should be closed with temporary fillings of cement or gutta percha. There should be no pounding and the gold filling should be postponed until after labor, lest the decayed area enlarge still further and require a later replacement. The tooth brush and mouth wash should be used zealously. An alkaline wash is best. Milk of Magnesia is good.

Heartburn is a common complaint. It is really due to an over acidity of the stomach. Soda mint tablets, bicarbonate of soda or common baking soda dissolved in water and sipped, or magnesia in the cake or as milk of magnesia, will help at times.

Fainting is not infrequent, but generally it is not serious. It is most likely to appear first about the time of quickening. The attack comes on as kind of hysteria when the patient is mixed in a crowd. The pallor is not deep, the pulse is not affected, and consciousness is not lost. These attacks do not affect the egg, and smelling salts usually suffice to relieve, but the incident should be reported to the doctor and the heart examined.

The Mental Condition should be placid without either excitement or depression. Cheerful company, judicious amusements and congenial occupation are desirable. Thoughtless neighbors who tell frightful tales of disaster and death in labor, as well as nurses who relate the details of their critical cases, are both to be avoided. Optimism and a good book are the best companions. Many women dread labor desperately. They are sure that death impends, and they pick out and dwell upon the stories of the unfortunate. Such women can be reassured with the greatest sincerity. They have only to look around and see how many of their friends and relatives have passed the ordeal in safety. In all these cases of depression and anxiety, much allowance must be made for the irritability of the nerves which comes from the poisons of pregnancy. The woman's outlook on life may be wholly reversed by this intoxication.

Determination of Sex before delivery is impossible. The guess may be shrewd and frequently true, but it is always a guess. It is equally impossible

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to control or even influence the sex of the growing fetus. Much time, energy and talent have been expended on this problem in vain. At present scientists believe that the sex of the child is unalterably fixed at the moment when the egg is fertilized. All we really know is that the radio of boys to girls remains quite constantly at 106 to 100.

Maternal Impressions are a subject of much discussion and anxiety among all classes of people. By this term the idea is conveyed that the growing child may be marked, injured or deformed in some way by the anger, fright, horror, depression or other emotional disturbance of the mother.

The scientific fact is that it is impossible for the mother to mark her offspring, either intentionally or by accident. Physiologists who have worked industriously on the problem declare unanimously that there is no nervous connection between the mother and the babe. There is no means by which a nervous or emotional impulse can be communicated to the child from the mother. Nutrition and excretion are the only functions of the umbilical cord which joins the child to the mother, and even through this the blood from the mother does not pass back and forth directly. The nutritive particles and the waste are selected and separated by the action of certain specialized cells in the placenta. It really seems as if Nature had purposely erected a barrier to protect the child in the womb from injury. After conception occurs the mother does not influence the babe. She merely acts as a highly specialized incubator.

Some babies undoubtedly are born with "marks", but it is only a coincidence if the mark remotely resembles anything which can be explained by an emotion. The fright or gruesome accident witnessed often happens several weeks before the mother really suspects her pregnancy, and she only recalls the event after the child is born.

The causes of the prenatal markings and the deformities of the embryo — the scientific name for unborn child — are well understood and it is not necessary to refer them to maternal impressions. Furthermore, all the marks and deformities that are found in the human family appear also among the lower animals, which we are reluctant to credit with the qualifications or the susceptibility necessary to mark their progeny.

Complications of Pregnancy

Nausea and Vomiting are uncomfortable and distressing, but happily are not often dangerous. A cracker, a piece of dry toast or rusk, taken without water or other liquid before rising in the morning, is sufficient to relieve most cases. Occasionally six small meals can be retained where three or four larger ones would be rejected. The diversion of the mind from unpleasant symptoms, and the maintenance of a Mark Tapley optimism are valuable aids to treatment. If the condition persists, or gets worse instead of better, the doctor should be called, for it may develop into a serious disorder.

Varicose Veins appear upon the legs and extend sometimes as high as the thighs or the genitalia. The vessels are enlarged, engorged and very crooked. The trouble is due to the changes in pressure produced by the growing egg. Constrictions of the legs by tight garments, bands, or garters favor the occurrence. Much relief can be secured by elevating the legs when lying or sitting, but often this is not enough, or it cannot be indulged in. A thin flannel bandage, three inches by five yards, wound snugly around the leg from the instep to the knee or even above the knee, if necessary, often gives relief. A rubber bandage of the same size or an elastic stocking may be employed if the doctor so advises.

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Piles, or hemorrhoids, are another instance of swollen veins. The trouble is frequently present and much aggravated by the constipation of pregnancy and straining at stool. If loose bowel movements do not relieve, the doctor should be consulted. Compound licorice powder, aromatic cascara and paraffin oil are excellent laxatives. Cramps in the leg muscles may appear late in the pregnancy as a result of pressure on certain nerves, or from waste accumulated in the muscles themselves. The attack may occur at any time whether the woman is asleep or awake. Rubbing will usually relieve the cramps, but if they occur frequently or last long, the doctor should be notified.

Leucorrhoea is a milk-like discharge from the genitals which is due to the vast quantities of blood poured out into the pelvis, as well as to the congestion and pressure of the growing uterus. It is not dangerous. For cleanliness, douches may be used every other day if necessary. The reservoir should not be much higher than the hips, and the water should be tepid not hot. A teaspoonful of boric acid to the quart of water makes the solution mildly antiseptic.

Pruritus, itching of the genitals or other parts of the body, is often distressing. It may be due to the irritation of local discharges, to altered conditions of the nervous system, or to the toxemia of pregnancy. The urine should be examined for sugar. Bran baths, or alkaline baths, like bicarbonate of soda or weak solutions of "washing soda", will relieve many cases for a time, but the doctor should be consulted in all cases.

Twins occur about once in ninety pregnancies; triplets, once in six thousand. Heredity and numerous pregnancies seem to be the only predisposing factors. The more pregnancies a woman has, the more likely is she to have twins. They are sometimes due to the fertilization of a double-yoked egg, in which case they are always of the same sex. Twin pregnancies often go into labor earlier than the estimated date for the confinement. Twins should be suspected, or too much water, if the external measurements of the uterus greatly exceed the average for the epoch of the pregnancy. Systematic search will usually reveal two sets of heart tones of differing rapidity.

The Toxemias. In health the body contains a variety of poisonous substances which are taken in with food or produced by chemical changes in the system. These waste products are usually excreted through the intestines, kidneys or skin, or rendered harmless in the liver. During pregnancy there is an enormous increase of these waste products, for the woman must eliminate the poisons of the fetus and of the growing uterus as well as her own normal output. In consequence, the maternal organs must exceed their regular functional activity or become clogged and overwhelmed.

The Kidneys play an important part in this process and even good organs can be disordered or broken down by the extraordinary demand. The usual output of urine is about three pints daily. The elimination must be watched carefully, and if the amount passed is less than three pints it means that the woman is below the average. She is probably not taking enough fluids. The urine when so condensed is also darker in color and contains considerable sediment. Furthermore, other abnormal elements like sugar may be found, so that it is wise to have a specimen examined every two weeks in the first half, and every week in the last half of the pregnancy. These examinations are not troublesome, and often a serious danger is averted.

In speaking of the poisons of pregnancy, we are brought face to face with our ignorance. We do not know exactly what these poisons are. But while we

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have not identified the poisons, we are acquainted with their effects and have learned to avert their evil activities. In most cases the presence of the poison is marked by certain definite and easily observed signs, such as :

1. Severe and repeated headaches.
2. Serious and persistent vomiting.
3. Pain in the pit of the stomach.
4. Dizziness.
5. Puffing or swelling of feet, hands or eyelids.
6. Blurring of sight, or spots before the eyes.
7. Neuralgic pains.
8. Muscular twitching.

Now it is true that one or more of these symptoms may come on and disappear without evil results, but we must be sure that they are not significant of serious disease. We must learn by examination of the urine and by taking blood pressure that they are not due to an accumulation of waste products in the blood of the mother. We must know, also, whether she is manufacturing too much poison or excreting too little. Thus, when she is aware of any of these symptoms, she should take a specimen of urine and hurry to the doctor. It is a matter of vital importance to learn if these irregularities are innocent, or a sign of danger.

Every child has an inalienable right to be well born and to start life with a competent mental and physical equipment. The mother, therefore, should live in such a way as to promote her own health. She must get enough sleep and exercise. She must eat sensibly of simple foods and see to it that her digestive organs are in good condition all the time.

She must :

1. Avoid constipation.
2. Eat meat sparingly.
3. Drink generously of all fluids.
4. Exercise up to the point of moderate fatigue, and out of doors if possible.
5. Have plenty of fresh air by night and day.
6. Bathe every day.
7. Wear light, loose and comfortable clothing.
8. Sleep at least eight hours daily.
9. Have the urine examined every two weeks or oftener.
10. Consult doctor frequently.

Miscarriage. In women who are apparently normal, there is always danger of abortion. It is said that this mishap occurs as often as once in every five pregnancies. The bond between the egg and the uterus does not become firm until the eighteenth week, and so up to this time the detachment (miscarriage) may happen easily. There are many things that seem to bring about the interruption of pregnancy. Among them are hard work, such as lifting heavy burdens; washing and ironing, sweeping, and manual labor to which one is unaccustomed. Strenuous amusements that jolt and jar the body have the same effect. Among these are dancing, tennis, skating, golf and horseback or motor riding. Sometimes, also, the egg is itself diseased, or insecurely attached to the uterine wall, and so it may be readily dislodged. Then, too, the misfortune may occur, as it often does, in consequence of disease, such as syphilis, pneumonia, influenza, typhoid fever, tuberculosis or appendicitis. The signs of miscarriage are bleeding and pain. The dangers of miscarriage are bleeding and fever infections.

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An Abortion (miscarriage) is sometimes unavoidable, even when every precaution has been observed by the mother. If the fault lies in a disease of the developing child, or its death, the miscarriage is a natural and desirable effort of the system to rid itself of a foreign body, but if it results from a systemic disease of the mother, or an inflammation of the lining membrane of the uterus, it is an unavoidable accident. Frequently the cause cannot be determined. To guard against miscarriage, the woman must handle herself very carefully in the early months, and especially at the menstrual epochs. If bleeding appears from the vagina, or abdominal pain (cramps), she should go to bed at once and notify the doctor.

Before the sixth week, the hemorrhage and pains may not be much worse than a disturbed menstrual period with the expulsion of clots. After this time, however, the loosening of the egg from the uterine wall may leave a large area so denuded of covering that profuse and even dangerous bleeding may occur.

If all the egg and its coverings are not discharged, or if, as in the case of criminal interference, the egg is blighted or disturbed by an unclean instrument, then besides the bleeding there is great danger of fever (infection). No one should attempt to go through an experience of this kind without expert assistance, for danger and death lurk at every turn. Anything expelled by the pains should be saved for inspection, and the woman must not be surprised if her subsequent periods are irregular and abnormal for a few months.

Bleeding at any time after the first month is wholly unnatural. In the first part of the pregnancy it may be a sign of abortion, or of a pregnancy outside the uterus, (extra-uterine pregnancy of ectopic gestation) while in the later months it may mean that labor is beginning, that the placenta has been loosened, or that the placenta is implanted too low down. All these conditions are serious, and any hemorrhage during pregnancy is probably dangerous, so that the doctor should be notified at once by day or night. Two lives are at stake.

The Overtime Child "or the post mature child," is far more common than is generally suspected. It has been shown that about three-fourths of all post mature babies have passed the date estimated for their delivery. It is stated that six to eight per cent of all babies go overtime.

We must admit of course that some babies grow faster than others, and one may be larger at eight months than another at ten. The greater size is no advantage to the babe, since it is mostly water which squeezes out of the tissues during the first few days after birth, but the largeness of the child does often complicate the labor and make it more difficult. For this reason, all pregnancies which have passed the estimated date of confinement should be watched carefully, and the babe measured at regular intervals. More babies are lost from post maturity than from prematurity.

The Abdominal Walls may be strenghtened by appropriate exercise before and after gestation so that the muscles will preserve their tone. After delivery the nursing of the child helps greatly in preserving the figure and waist line. About the seventh month the abdomen gets hard and tense, and in places the skin becomes overstretched. It gives way under the strain and forms long or short lines like scars. (Lineae gravidarum or striae.) The tightness may be relieved considerably by rubbing in cocoanut oil or cocoa butter, olive oil or vaseline. These appearances on the skin are quite frequent and harmless, but if the lines seem to stick out from the skin and show color, or if pain occurs in the abdomen, or if the woman has swelling of limbs, passage of blood, or disorders of vision or hearing, she should send at once for the doctor.

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Foetal Death. Sometimes the foetus dies in the uterus and is not immediately expelled. No harm follows the retention of a dead egg unless infection occurs. In the first and second months it may be absorbed but at later periods it must undergo degenerative changes.

The signs on the part of the child are entire cessation of foetal movement. On the part of the mother, a sense of weight in the abdomen may be noted, a general feeling of malaise, and possibly a bad taste in the mouth. The doctor will note that the uterus is not growing, and does not conform to the period of the pregnancy. The breasts may also show signs of retrogression. Even late in the pregnancy the condition may exist for weeks without injury to the mother.

Asepsis. The foundation of all the success of modern surgery is surgical cleanliness. The confidence with which the most delicate operations are undertaken is due to this elaborate exaggeration of purity, which is called asepsis. Asepsis includes that of the surgeon, of his patient, of his nurse and of his surroundings. In preparing for a confinement, we should use as much care to prevent contamination from filth and micro-organisms as for a dangerous surgical operation in the hospital. This infection can be communicated to the patient by her own hands, by her nurse, or the doctor, by unclean instruments of the doctor, by unclean dressings, or by germs from other parts of the patient's body.

It is true that infection sometimes occurs under the most ideal conditions, but the danger to life diminishes in exact proportion to the thoroughness of the asepsis. If we can see year after year pass by without a case of puerperal infection in our hospitals we should expect the disease to become far more rare than it is in the homes.

It is for the safety of the patient that the conscientious and competent doctor scrubs his hands, rinses them in antiseptic solutions, and puts on sterile linen clothing and rubber gloves that have been boiled. It is for the patient's safety that her body is washed, and scrubbed, and shaved, and covered with linen which has been boiled and dried. It is for the patient's safety that the confinement room is stripped of all its germ-carrying objects; and it is for her safety again that her nurse is scoured and scrubbed and manicured, and then gloved, and even then handles the instruments and dressings with long forceps which are kept in an antiseptic solution.

It is of the utmost importance that the doctor and nurse should be conscientious, alert and skilled in modern surgical asepsis. If such assistance is not available, it will be far safer to go to a good hospital where the laws of sterilized cleanliness are enforced.

The doctor and nurse should be engaged as nearly as possible, and by preference always a pair who work harmoniously and sympathetically together. The date for the engagement of the nurse must be carefully worked out as she will expect to be paid from that time. She cannot afford to remain idle. The expense of all this precaution may seem extravagant, but it is wise to use money to make life easier and happier and longer.

Whether to go to a hospital for confinement, or stay at home, is often debated. Many woman feel that the home will be broken up if they leave it. But to turn a modern bedroom into the ideal sanitary conditions of a hospital is extraordinarily difficult; and, furthermore, the patient in the home is constantly distressed by home problems when she needs all her energy and strength for recovery. Often the friends and relatives advise against the hospital on the ground, expressed or concealed, that they will be unable to visit the patient as

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freely as they wish. These are the selfish self-centered friends who think of their own indulgence, and besiege the sick room until the patient is exhausted and her convalescence retarded. The absence from home rarely lasts more than a couple of weeks, and even this vacation is all too short for the women whose lives are restricted and bound by the narrow walls of housekeeping.

The hospital is merely a high class hotel, erected and maintained for the care of the sick; and when one deducts the cost of living at home, hospital charges shrink considerably, while the margin of safety is enormously increased. We must think of the hospital as a great scientific laboratory which has all modern appliances at hand, and whose first and only concern is the welfare of the patient who sought shelter. It is a place where every legitimate whim of the patient can be immediately realized, and every comfort is available; and the best none too good for the mother and the babe. There is a widespread fear among the uninformed that babies may get mixed in a hospital. This fear is groundless. The most elaborate care is exercised at all times to prevent such an accident. Mother and babe are marked to correspond in so many different ways, that, in a well ordered hospital, it is as difficult to shift babies as it would be in the home. To the inexperienced all babies look alike, but they really differ as radically as adults.

Preparation for Confinement

If the confinement is to occur in the hospital, all the supplies are usually furnished, but if at home it will be necessary to obtain quite a list of things. These may be —

3 hand basins, 10-in. in diameter. 2 nail brushes.
1 douche bag, 2-quart. 15 yds. sterile gauze.
2 lbs. each of coton batting and absorbent cotton, for making bedpads.
2 pieces of rubber sheeting, 3 ft. × 6 ft. 1 jar borated gauze, 5 yds.
4 oz. Lysol. 2 oz. green soap.
2 oz. benzoated lard. 8 oz. alcohol. 1 nail file.

Among the household supplies for sterilization should be —

4 sheets. 2 doz. towels.
2 pillow slips.
3 abdominal binders of unbleached cotton, 14 × 36 inches, folded and hemmed.
4 T bandages.
2 jackets — parts of pajamas suits. 2 pairs long white stockings.
2 obstetric pads, 1 in. × 36 in. × 36 in.
3 packages sanitary napkins or pads.
1 hot water bag.
1 jar applicators (cotton twisted about tooth-pick).
1 jar gauze pledgets for cord and other dressings.
1 bed pan, 1 glass drinking tube, 1 medicine dropper.

Each should be neatly wrapped by itself and labeled, Supplies for Baby.

Whether the baby comes at home or at the hospital, an infant's outfit will be necessary.

12 plain slips, 24 inches long, of dimity or nainsook, with winged sleeves.
3 long sleeve shirts, silk and wool, size No. 2.
6 pinning blankets, of outing flannel, for a winter baby.
3 bands, 6 × 18 in., clip or notch edges; do not hem.

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3 petticoats, flannel bottom and muslin waist, without sleeves and with small buttons on shoulders.
3 outing flannel wrappers
6 plain soft muslin night dresses.
3 knitted night gowns (Arnold), light weight.
4 dozen light weight cotton diapers, 20 × 40 in.
Birds' eye linen is best. Wash and dry in air before using.
4 soft towels. 2 quilted pads.
4 soft wash cloths.
4 wrapping blankets, wool or cashmere.
1 pair scales that weigh ounces and fractions thereof.
1 can talcum powder.
¼ lb. boric acid crystals.
¼ lb. absorbent cotton.
4 dozen safety pins.
1 cake castile soap.
1 crib. Better than a bassinet because it can be used several years longer.
1 papier maché, rubber, or enamelware bath tub.

This may seem like a great deal to get together, but it will be found to be none too much.

Sanitary pads can be made by cutting the gauze into strips 8 in. × 12 in. and folding each one around a single layer af cotton. Each one should be about an inch thick.

Delivery pads can be made of cotton batting quilted through gauze, 4 × 36 × 36 in. Newspapers can be inserted between them and the bed, if a rubber blanket is not available.

Gauze sponges are made by cutting gauze into 15-in. lengths, the width of the piece. Fold down the raw edge 3 in. Double the strip by putting the selvedge edges together, having raw edge of fold outside. Fold into thirds, and turn the sponge inside out so all raw edges will be inside.

Cotton pledgets are merely balls of absorbent cotton, as large as an egg, with ends twisted. Make several dozen, and keep in pillow slip.

Gauze squares or wipes are cut into 4 × 4 in. sizes.

All must be sterilized by suspending them for an hour in the wash boiler, under steam pressure, in a muslin hammock which hangs down one-third the way from the top. Dry in sun or oven without opening.

The room may well be the largest and brightest in the house. All draperies, hangings and upholstered furniture should be removed. It is desirable to have the bath room as near as possible.

The bed, single preferred and metal if possible, should be furnished with a comfortable mattress. Whatever bed is used should be accessible from both sides and raised as high as 32 in. from the floor. Take the castors off, and put two bricks under each leg. If it sags in the middle, a couple of table leaves may be put across the springs under the mattress. The foot of the bed must be directed toward the light, whether natural or artificial.

The Signs of Labor.

The Onset of Labor is signalized by certain easily recognizable signs. Usually the woman feels heavy and unstable in the last weeks. It is hard to walk. The bowels may become loose and urination frequent.

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About two weeks before the pains begin, lightening will occur in 50 per cent of the cases. This means that the head has gone down into the pelvis and consequently the waist line drops, the woman breathes easier, and she feels lighter, but she does not walk so well. Nevertheless, it is a good sign. Sometimes a piece of mucus is discharged a few hours before actual onset. It resembles the white of a lightly poached egg, but is stained with blood on one side. This is called the "show". Occasionally the "water breaks", and the phenomenon is recognized by a gush of fluid. This means that the egg sack has ruptured, and labor usually follows within twelve or twenty-four hours.

The Signs of actual labor, however, are the pains which are characterized by regularity as well as intensity. They may come ten minutes apart or five, but the interval will be extremely methodical. As the process continues, the interval between the pains tends to become shorter, and the suffering more severe. Labor is, of course, a natural function, but through centuries of civilizing influences, many complications have developed. In addition to the various mechanical difficulties of the act, there is always the threat of infection, which compels the observance of the elaborate ritual in cleanliness which has been described elsewhere. In spite of the good results obtained in high class hospitals, and in spite of the greater intelligence of the people, and the conscientious care of competent attendants, infections do occur; and it is deplorable to report that of all the deaths that follow labor, forty-five per cent are due to childbed fever, which is a preventable disease. In our good hospitals thousands of confinements are conducted to a happy end without a single loss from infection, and the doctor, the nurse and the patient should join in a friendly rivalry to exclude it from the homes.

Painless Childbirth

Anæsthetics are a modern discovery. The evangelist said "neither shall there be any more pain", and the modern physician, by means of anaesthetics, strives to abate that excessive suffering in childbirth which is so disintegrating and destructive to the vital forces. Many a woman who has passed through a particularly severe labor, remembers her experience with a horror which forever precludes its repetition.

Much of this suffering is wholly unnecessary. We are living in an age of relative painlessness, and all the world is seeking to make childbirth less painful and less dangerous. No woman, unless she herself requests it, or unless some complication makes it necessary, should be permitted to pass through this ordeal without the aid of an anaesthetic, judiciously selected and carefully administered.

Pain-deadening agents are numerous, harmless, inexpensive and successful; and it is only a matter of experience to find a way of reducing the suffering to an easily bearable if not negligible degree. It may be the "laughing gas" or so-called "twilight sleep", it may be chloroform, ether, or ethylene; but some one of them, or some combination, will be found peculiarly appropriate to each case. It will be both safe and efficient. The necessity is extreme, and it is barbarous to deny a woman this relief.

Labor

For convenience of description, labor is divided into three stages :

The first is the stage of dilatation.

The second is the stage of expulsion, or the one wherein the child is delivered.

The third is the stage of the afterbirth, or the one in which the placenta delivers.

The first stage is the longest, and while it is not often the most painful, it is frequently the most trying part of the ordeal. Its duration is variable, but

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usually much longer with the first, than with subsequent babies. The period averages from sixteen to twenty hours in the former, and about eight in the latter. During the first stage, the mouth of the uterus enlarges under the influence of the pains, until it forms a wide channel for the passage of the child. It widens from an opening a quarter of an inch in diameter to one which varies from three and a half to four and a half inches. This change must always take place before the child can advance. This part of the labor is always particularly discouraging, because the woman does not feel that she is making any progress. It does no good to bear down at this time, because the opening is not large enough to let the head go forward.

The position the woman assumes is generally of little consequence. She may sit, stand, lie, walk about, or even sleep if she can, during the pain-free intervals. The pains usually come much faster and stronger if she sits, stands, walks about or lies upon her back. During this passive period the woman can take her bath, shower preferred, and a soap suds enema. The hair should be braided in two strands, and coiled around the head out of the way. The bladder should be emptied at frequent intervals. The genital region should be shaved as part of the aseptic ritual. No one objects to this when its importance in preventing blood poisoning is explained. The bed can be prepared, and all guests should be kept at a distance if possible.

The doctor should be notified just as soon as the labor starts, so that he may assure himself of the patient's condition, and arrange his other affairs for an absence of uncertain duration. Having once visited the patient, he can return or stay as the necessities demand. In general, he should always be close by when the pains come as often as three minutes apart.

Diet. It is true that most women care but little for food after labor begins, but on the other hand their physical strength must be maintained. Lack of food sometimes results in unnecessary faintness, in general weakness, delay of the labor, or even a hemorrhage. For these reasons it seems best often to push the nourishment a little. Mild, easily digested food is to be selected, like tea and toast, ice cream, buttermilk, grape juice, custard, egg-nogg, or a cereal, which could be served daintily at regular intervals.

Preparation of the Bed. Meanwhile, as the second stage approaches, the woman will want to lie down. The mattress should be covered with a rubber sheet, or many thicknesses of newspaper. A full sheet is laid next, and a small rubber sheet, or oilcloth, placed across the middle. Over this is placed a sheet, folded once, and then the delivery pad to receive the discharges. The patient should be comfortably warm at all times, and hot water bags should be used if necessary.

When the doctor arrives he may want to examine the patient either externally or internally, or both. In this case, the woman lies upon her back, a sheet is placed across the lower part of the body, and the night dress is raised as far as the breasts.

For the external examination, the careful doctor will wash his hands in warm water and scrub them for five minutes. The general practitioner, who comes in contact with pus or any other contagious cases, will want to prolong the washing process to fifteen or twenty minutes.

When the hands are dried upon a sterile towel, he is ready to have the sheet lowered. He notes the location of the head and back, finds and counts the heart-tones; estimates the descent of the head and the character of the pains. The capacity of the pelvis and the size of the child are duly measured, so that all parts of the problem are up for appreciation.

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If an internal examination is required, the doctor will return to the scrub room, pare and clean his nails, scrub again his hands and arms to the elbows with warm water, green soap and nail brush. He then soaks his hands in an antiseptic solution for five minutes. The hands are dried on a sterile towel, powdered, and a pair of sterile gloves drawn on. A sterile gown is desirable also, but not really necessary if the doctor is careful not to touch anything with his clean gloved hands. The legs of the patient are now separated, and wrapped in the ends of a sterile sheet. The knees are spread apart, and the external genitals are sponged with pledgets of cotton wrung out of antiseptic solution. The fingers are now introduced. This may seem like a very elaborate ceremony, but in no other way can the doctor's conscience be clear if by any chance the patient should develop a temperature.

In the second stage, the pains grow more severe but not so nagging in character. Usually they are easier to bear. The woman now feels an irresistible desire to bear down, like in a hard bowel movement, in the effort to drive the child forward. The muscles of the abdomen come into action, and she seeks to help by pulling or pushing against something. If the room is prepared, and the clean linen ready to apply, the desire to bear down may be encouraged. An anæsthetic will often aid in relaxing the tissues and will prevent unnecessary suffering. The actual birth of a child need not be felt as a rule.

For the third stage, the woman is kept upon her back. Bleeding must be watched for, and clean dressings applied as often as necessary. The uterus must be felt of, occasionally, through the abdominal wall, to see that it stays hard and the pulse and breathing should be noted. A glass of hot milk will be welcome to the patient as soon as she can swallow. Now let her sleep as long as she can.

Baptism. Six babies out of every hundred die at birth under circumstances which may or may not be foreseen. A careful watch of the fetal heart-tones will often warn the doctor that the baby is failing or about to die. Among Catholic families and other deeply religious people, the death of an unbaptized child is an extremely painful event. It is therefore necessary, in case of great danger to the child, for some one to perform the customary ceremonial. The doctor, the nurse, or even a friend or relation, can do this. The last rites can be administered to the living child while the head is still high up, by using the aseptic solutions and a little more than ordinary care.

Emergencies

Suppose the case terminates, or threatens to terminate, before the doctor arrives. The strength and frequency of the pains can be diminished somewhat by position, and so, under these circumstances, the woman should be placed on her side. Then a member of the family or the nurse can follow as nearly as possible the routine for the conduct of the case which has been outlined. The main thing is to avoid touching any of the surgically clean dressings in such a way, or with such hands, that contamination will be, or may be, communicated to the patient. The patient need not really be touched at all, but as soon as the head appears, it is raised, supported and steadied until the next contraction drives it completely out.

As soon as the child is born, the doctor holds it up by the feet so that, by gravitation, all mucus and fluids will run out of the mouth and windpipe. Almost at the same time the child will generally gasp and cry out. If it does not, a gentle slap upon the back, or blowing upon the chest, will stimulate the cry. The child must not be laid down, nor held in such a way that it can suck fluids into the mouth. The cord should be tied in two places with a piece of tape

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or bobbin and then severed between the knots with a pair of clean (boiled) scissors. If bleeding occurs from the cord, let another tape be tied around it between the one left on the cord and the body of the child. The cord must be kept from contamination by the most scrupulous attention to cleanliness. Many babies are lost through infection at the navel by unclean dressings. The child is next wrapped up in a soft warm blanket, and removed to a safe place. The doctor will want to inspect the afterbirth as soon as he comes. Save it for him. Clean dressings are now put on the patient, while hot water bags around her give comfort and prevent chills. Normally she will want rest and sleep. She will have lost a pint of blood; if the amount seem to be more than this, or if it continues to flow, a hand on the abdomen should seek the hard mass of the uterus which ought to be found immediately under the navel. If not apparent at once, the hand can be pushed a little deeper into the pelvis and by moving it about, soon a hard lump will come up from below or down from above, while at the same time there will be a gush of blood from the vagina. Usually there is but one gush, and then the flow ceases.

Precipitate Labor is an over-rapid advance of the child, wherein all the stages of labor, or at least the first two, are merged into one another and the child expelled in just a few pains.

It may be due to a large pelvis, a small child, or strong contractions which are not especially painful. The child in consequence is often delivered in undesirable or unclean places, and may perish from the fall, from the cold, or from lack of facilities to revive it. The mother, also, is in danger of deep lacerations of the soft tissues and severe hemorrhages.

After-Care of the Mother

The Puerperium or the lying-in period, is the name given to the time during which the pelvic organs return to their normal non-pregnant state. It may be two weeks or two months.

In the course of the first three days the temperature may rise to 100 deg. F., even where everything is entirely normal. This rise is not significant unless it persists or increases. It is not due to the inflow of the milk. There is no such thing as milk fever. The presence of a fever after childbirth, i. e., a temperature of 101 deg. F. for more than twenty-four hours, is definite evidence of uncleanliness somewhere in the conduct of the labor. It may last but a short time, or it may be the beginning of a serious infection of childbed fever, which we now know is wholly a filth disease; a disease of contamination, which can, and should be prevented.

The urine at first may be increased in quantity, while at the same time emptying of the bladder may not take place. This condition arises from the swollen and bruised tissues which mechanically occlude the canal and also from an associated numbness of the nerves. The necessity of lying on the back makes the trouble worse. Urination may sometimes be induced by applying hot compresses over the bladder, by letting warm water run over the genitalia, or by slight pressure upon the bladder; by giving an enema, or by inhaling smelling salts. If these measures fail, the patient may be allowed to sit up on the bedpan for a few times. If persuasive means fail, the catheter should be used, but only after the instrument has been boiled, the opening to the bladder flushed with a weak antiseptic solution, and the catheter introduced by sight, with hands that have been thoroughly scrubbed in soap and water and rinsed in an antiseptic solution. The bladder should not be allowed to go un-emptied more than eighteen hours.

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The digestion is often disturbed, and the stomach must be treated gently. Liquids in abundance for the first two days is the rule; then semi-solids, and only a gradual return to the regular diet as the stomach seems able to functionate. If the milk is scant, the fluids must be pushed at all times. Acids or alkalies, foods, cold or hot, rich or otherwise, and meats or vegetables all make excellent milk, if digested. The old idea that acids should not be eaten has been abandoned. Salads make a refreshing addition to the menu, and strawberries and tomatoes may be eaten freely if they digest. Food that disagrees with the mother will disagree with babe. Let the diet be abundant and nutritious. The woman is now eating for two, but the intake should not be excessive. She should eat slowly, chew her food thoroughly, and avoid worry. Scanty milk usually means that more food and more fluids should be taken. Much milk means less food, less fluids, and a generally stricter diet. The patient should go out of doors as soon as she can do so comfortably.

Involution is the name applied to the process wherein the uterus shrinks back into its non-pregnant state. The rate of shrinkage varies greatly in different women. Ordinarily, at the end of the first week the round hard top of the uterus can be felt midway between the navel and the pelvic bone. After this it shrinks very rapidly, and by the ninth or tenth day it may be impossible to find it. If the mother nurses her babe, the action goes on much faster, and the waist line is restored more rapidly and satisfactorily.

The binder is merely a girdle or bandage put around the waist between the hips and the ribs. It should be just snug enough to give the woman a sense of support. The napkins are pinned to it and held in place. Whether tight or loose will not make any difference to the patient's figure subsequently. A vaginal discharge follows delivery. It varies in character, appearance and amount from day to day, according to the nature of the woman and the severity of the labor. The discharge is made up of wastage from the shrinking uterus, mixed with mucus and blood. Gradually it grows whiter in color, and ceases altogether about the twelfth day.

Afterpains are common in the puerperium. They are painful contractions of the uterus, which aid in expelling the waste material, keep the organ from bleeding, and hasten its return to normal. They are less common with the first baby. The pains are beneficial, though distressing, and do not usually last more than forty-eight hours. If they do, there is probably a clot which they are trying to expel. The nursing of the child intensifies the pains, and hot water bags often relieve them. Ask the doctor.

The breasts are made ready for lactation, twelve hours after delivery, by cleansing with castile soap and warm water, and then rinsing with a fifty per cent alcohol solution. The nipple is further cleansed with an applicator saturated with a fresh boric acid solution. A careful mother can easily do this herself. If the nipples become sensitive, they should be exposed to the air for two hours every day. If they continue sensitive, bathe them with a cold boric acid solution. All cracks, abrasions, fissures and sore spots should be reported to the doctor at once.

The irritation of the baby's mouth stimulates the flow of milk, hastens the involution of the uterus and the return of the normal figure. The milk usually fills the glands about the third day. Its arrival is signalized by a sense of distension, with some heat and a certain amount of pain. It is not the cause of the slight fever which often comes at the same time. The engorgement of the breasts may be so great that the nipples are drawn in and the whole gland is so hard that it feels like a cake; hence the name " cake breast. " The name

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was given under the mistaken idea that the breast was filled with a lake of milk which had " curdled. " The milk does not collect in a reservoir in the human breast, but it is secreted as needed. The more the breast is stimulated, the more the milk flows in. The engorgement is a mere congestion of the tissue around the true milk glands by serum from the blood. It disappears, or at least ceases to be painful, in about twenty-four hours. If it lingers longer or becomes too uncomfortable, an ice bag can be applied to relieve the discomfort. The flow of milk can be greatly influenced by increasing or diminishing the fluids. No tight compression-binder should be applied. It is more painful than the engorgement, and, furthermore, it is wholly useless. No massage should be used, for this only increases the flow of the milk. If the baby cannot draw off the excess, and keep the glands only moderately distended, then the breast pump may be used for a few times.

Use only one breast at each feeding. If the infant is sturdy, it should remain at the breast not longer than fifteen minutes. Weak babies may need a longer nursing period. At one time it was the rule to keep the babe at the breast for twenty minutes, but it is now known that the breast is completely emptied in from ten to fifteen minutes. Prolonged nursing does not give the babe more food, but only an inflow of air which causes colic.

Hold baby upright after feeding, and pat the back and buttocks gently to expel any air which may have been swallowed; then put him immediately in his crib. When baby cries between feedings, it may be that the milk is not satisfying, or that he is thirsty. Give him a bottle of cool water for a few times before accusing the milk.

The mother's breasts must be kept scrupulously clean. Both breasts and nipples should be washed with soap and water every day, and the mother's hands should be freshly washed before nursing baby. Between nursings, two or three thicknesses of clean gauze should cover the nipples, to keep them from contact with the clothing and to absorb the excess of milk. The gauze should be thin enough to permit air to reach the nipple.

Mastitis, or inflamation of the breast, is a true emergency, which comes on most frequently during the first two weeks. It usually starts in the absence of the doctor or nurse. The patient notices a tender place in the breast, or a lump that is sore, or a red spot, and at the same time she feels tired. If she takes her temperature, she will find it high. She has fever. The doctor should be called. Meanwhile, an ice bag is at once placed on the tender spot, and kept there for twenty-four or thirty-six hours. In nine cases out of ten the soreness subsides, the temperature goes down, and finally the trouble goes away. The immediate and constant use of the ice bag is the secret of success.

Do not use anything hot on the breast, unless at end of thirty-six hours the breast seems no better. Then hot compresses can be used; for in this case the ice has failed to avert the abscess, and heat is now put on to hurry the suppurating process to its finish. It will probably have to be opened. Do not be afraid of the ice bag. It will not " cake " the breast, nor be the means of " taking cold. "

The bowels of a lying-in woman are regularly constipated. Lack of exercise, detention in bed, relaxed abdominal walls, and a diet of rich food with a small residue, all contribute to the condition. On the morning of the second day, the bowels should be moved with a laxative, castor oil preferred, and followed in from three to six hours by a soap-suds enema. The bowels should move daily thereafter, for fever sometimes arises from constipation. The vaginal douche is rarely used any more. It may occasionally be desirable for

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foul and offensive odors, but its efficacy in this direction is counter-balanced by the danger of infection in the administration.

The genitalia are kept clean by sponging away the dry and wet discharges with an antiseptic solution; and in case the discharge becomes foul, a single douche may be given at the end of the first week. The douche point must be boiled, the water boiled and cooled to a temperature agreeable to the patient (it must not be tested with the finger), and to each quart a teaspoonful of formaldehyde is added. The reservoir must not be much higher than the hips.

Rest is essential, and for the first week most thoughtful and considerate friends will best show their interest in the patient's welfare by staying away from the sick room. The woman should have a nap every afternoon, and at least six hours' sleep at night. Sleeplessness, if prolonged, should be reported to the doctor.

"Getting Up" on the ninth day is the tradition. This may, or may not be, desirable and safe. There are three things to be considered: the return to normal size of the uterus, the presence of stitches, and the strength of the patient. The involution may be complete on the 5th day, but the woman may be so weak that she cannot stand or even sit. Or she may be strong enough to stand on the eighth day, but the uterus is still large; and if she stands up or sits up the heavy organs drag down, and the ligaments are so weakened that a malposition results. The patient may be months longer in regaining her strength and may possibly need a surgical operation to correct the difficulty. In general, the patient should not get up until the uterus has shrunk down into the pelvis, beyond where it can be felt with the hand; the stitches should be out, if there are any; and the woman should feel strong enough to stand up comfortably. It is often a saving of time to stay in bed twenty days rather than nine.

Menstruation ceases during lactation in about two-thirds of the cases, and when the nursing period is over the flow returns in from four to six weeks. When the child is not nursed, and occasionally if it is, the menses come back in a month or six weeks. The idea is common that a menstruating woman should not nurse her child, because the milk at such times is deleterious. The menstrual flow is a hemorrhage, and produces no more effect upon the milk than a nose bleed. The bleeding reduces the amount of blood in the body and therefore diminishes the total quantity of milk. This in turn makes the proportion of solids in the milk larger than usual, and may give the child a little trouble in digesting it, but the remedy is not to take the child from the breast, but to increase the mother's fluids. There is also a popular notion that conception cannot occur during lactation, and women sometimes prolong the process unduly for this supposed protection. The theory is wholly unfounded, for conception often takes place during lactation, and the protraction of the nursing period simply endangers the life of the nursing child through the gradual loss of food elements in the milk. The thin and watery secretion does not satisfy the babe. He becomes sleepless, nervous and fretful from under-nourishment.

Bathing in the tub may be resumed as early as the third week.

Headache sometimes occurs during the puerperium. It is not natural, and the cause should be sought in some fault of excretion (toxemial), in too great a blood loss during the labor, exhaustion from visitors, hunger, ergot, sleeplessness, or the condition of the nervous system.

Baby's Own Soap — Best for you and Baby too

Care of the Baby

First Care

Meanwhile we have been neglecting the baby. Just as soon as the baby is born, it should be held up by the feet and the head drawn back enough to make the windpipe straight. This allows the fluids and mucus to run out of the nose and mouth by force of gravity. The mouth can be freed entirely from mucus by wrapping the little finger thinly with cotton, carrying it clear to the back of the throat, and withdrawing it with a wiping motion. The nose is wiped on the side, downward and outward to clear the nostrils.

The eyes are wiped outward from the nose to clear of mucus, and then the lids are gently drawn apart, and one drop of a 1% solution of silver nitrate is put into each eye. We do this because, during the passage into the world, the eyes may get some infectious material into them which produces inflamation of a very dangerous character. In fact, it often results in blindness, so commonly indeed, that nearly one-third of all the blind in our asylums are blind from birth, and could have been well and healthy if these precautions had been employed.

If symptoms of inflammation appear, such as redness, swelling of the lids and a discharge of pus, no time should be lost in securing the services of the most expert physicians. Every hour passed without treatment is an hour lost. The pus from these eyes is remarkably virulent, and the attendants use every possible precaution to avoid spreading the disease to themselves or others. The contagion is carried on fingers, towels, or cotton pledgets.

The skin of the new born babe is covered with a thick greasy substance (vernix caseosa), which is more easily removed if it is first mixed with lard, olive oil or vaseline. Soap and warm water is next applied with a soft cloth or some pledgets of cotton. This process need not be undertaken until the mother has had every attention and can be left safely.

Keep the soap out of the baby's eyes. Remove the water from the body with a soft dry towel of old linen or cotton. Dredge the navel with equal parts of boric acid and talcum powder, or with talcum powder alone. Wrap the stump of the cord in a piece of gauze and cover it with a pad. The binder comes next. It should be sewed on, not pinned. The whole performance, including the bath, should not take over twenty minutes. While cleaning and dressing the child, the body should be carefully examined and the openings of the rectum and the bladder should be sought out and their normal character certified. Next, the baby should be weighed.

A spray, or a sponge bath may be given every day, but the child should not be placed in the tub until after the cord is off and the stump healed, for infection through the cord occurs very easily. During hot weather, two or three sponge baths may be given every day, but the temperature of the water should range from ninety to ninety-five degrees. The water can be tested on the inside of the elbow; it should feel lukewarm.

For the first and subsequent baths in the tub, use a definite routine. Put the baby on the lap, and bathe the eyes with pledgets of cotton dipped in boric acid solution. Use each pledget but once. Clean the nostrils with twisted cords of cotton dipped in olive oil. Next, place baby gently in the tub, with a hand under his head, the fingers extending down below the shoulders. Lower baby into the water slowly, so as not to frighten him.

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Protect the baby from draughts and chills, and do not leave him in the water too long. From two to five minutes is enough. Wash the face with warm water but without soap. Castile, or any other pure soap, may be used freely on the body. The genitals must be washed carefully and inspected for abnormalities. Report anything unusual to the doctor. Pat the baby dry with a large soft towel and powder well, taking especial pains with all the folds and creases of the skin.

The ears must be cleaned, but not by inserting a hard object into the canal. Wash the external ear carefully, outside and in, with a soft piece of old cloth. Dry well, and pay special attention to the creases. Do not put anything into the ear canal.

The buttocks are gently wiped with a soft cloth after each change of napkin. Once a day only they are washed with soap, but very sparingly. Dredge generously with toilette powder.

Overlying. Baby should not lie with the mother at night lest she turn over in her sleep and smother it. Baby should sleep alone, sleep as much as possible, and out-of-doors whenever it can be arranged. Anyhow, the windows should always be open except in the coldest weather.

Feeding. Twelve hours after labor the mother is sufficiently rested for the child to go to the breast. Usually there is no milk but only a thick whitish secretion, the colostrum. Until the third day, when the milk comes in, the child should be fed every three hours with sterile water in which milk sugar has been dissolved, in the proportion of one teaspoon of sugar to six ounces of water. It should be fed from a bottle which has been boiled, and through a rubber nipple which has been soaked in boric acid solution; as much boric acid as the water will take up.

The babe should be fed ordinarily every three hours for six feedings, beginning at six in the morning. The night feeding is omitted unless the baby does not gain. A night feeding should be left off as soon as possible so mother can have her night's rest and baby's stomach can have a rest also. Some babies do better on two-hour feedings, and some on four; but whatever schedule is adopted should be rigorously adhered to, and baby wakened, if necessary, at feeding time. Baby has nothing to do but eat and sleep.

No matter how skillfully cow's milk or other food is mixed, the fact remains that mother's milk is the best food for the baby.

From lack of food, and on account of bowel movements and urination, baby will lose weight in the first week, but the birth-weight should be regained in ten or twelve days. After this time baby should gain four or more ounces each week. As long as this gain continues the baby is thriving no matter if colic, green stools, or even fever is present. The disturbance is only temporary. On the other hand, when baby ceases to gain the fault must be looked for. The baby may be really ill, or it may be simply a trouble with the food. The milk may not be sufficient in quantity or rich enough. The babe should take at least 2 oz. of food for each pound of weight in every twenty-four hours. At the first appearance of loss in weight the doctor should be notified. Always weigh the baby naked. The most convenient time is before the regular bath in the morning. The weight is reliable only if weighed at the same hour each day and before the feeding. If baby is weighed in a blanket, weigh the blanket separately and deduct it from total weight. Baby must be weighed every day for the first two weeks.

Often the babe refuses to nurse, or the nipple gets under the tongue instead of over it, and a long course of discipline and training is necessary before the lesson is well learned.

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Substitution of artificial food for breast milk may be required on account of the milk being poor in quality or insufficient in amount. The return of the menses does not affect the nursing child, unless an excessive amount of blood is lost. Acute diseases such as erysipelas, pneumonia, diphtheria, typhoid fever, malaria, puerperal fever, or a high fever from any cause, usually dry up the secretion; while diseases of the heart, chronic anemia, and tuberculosis obviously demand the drying up of the breasts in behalf of both parties.

Constipation occurs in a certain proportion of all babies, whether breast or bottle fed. It is a form of indigestion, and may be removed by proper regulation of the food. Call the doctor.

Lumps on the baby's head at birth usually disappear the first day, but sometimes they come later and stay longer. This enlargement is commonly due to an effusion of blood which is absorbed in a few weeks. Let the doctor see them.

Circumcision is performed in these days much more frequently than even in the Biblical era, for the operation is found to be desirable not alone as a religious rite but as a physical necessity and for cleanliness. Ask the doctor.

Tongue-Tied is a term frequently heard in the old days. The affection is very rare, but when it does occur, a strip of thin membrane may be seen extending from the floor of the mouth to the extreme end of the tongue. It is not particularly important since it does not interfere with nursing as the old women insist. The child does not nurse with its tongue but with its cheeks.

The breasts of the new born babe may fill with milk (witch's milk) and become hard. Let them alone, do not squeeze or massage them, and the swelling will subside in a few days. Only occasionally does an abscess form from infection and this is due most frequently to the effort to empty them.

Jaundice may develop from the third to the sixth day, and the yellowness will stay for a week or ten days. No treatment is required. It usually goes away. If it should persist, call the doctor.

Intertrigo, or chafing, is a form of eczema which comes from too much moisture, too much bluing in the diapers, too sensitive a skin or uncleanliness. Rubber pants often retain moisture injuriously. The child should be cleansed with oil instead of water, and well powdered with stearate of zinc.

Convulsions occur sometimes during the first two weeks. They may be due to injuries of the head during labor, or they may appear as a symptom of systemic disease, or a sign of intestinal trouble. They come from indigestion, curds, fever, or certain conditions of the blood or nerves. They are not serious in all cases, but irritation of the coverings of the brain must always be suspected and the doctor notified. The hot bath is the universal remedy, and seems to be as good as anything until the cause is found.

Hernia at the navel is a common complication of infancy. It is due to excessive crying and not to improper tying of the cord or to neglect by the nurse as is often charged. It is an imperfection of the abdominal wall which does not close as it should. It is a defect that comes with the birth of the babe, and is brought to notice only when the child strains as in crying, or with the bowel movements.

Ordinarily the breach closes spontaneously. Occasionally it must be supported for a few weeks with a strip of adhesive plaster, and sometimes, though rarely, an operation is required. Notify the doctor.

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The Normal Baby

Every mother is anxious for a normal baby, but many mothers do not know just what a normal baby should be like. Variations are always found in every human being, so the following measurements given by Dr. L. E. Holt, in his large book, " Diseases of Infancy and Childhood, " are now taken as the standard for the normal baby.

		Weight Pounds	Height Inches	Chest Inches	Head Inches
Birth					
	Boys	7.55	20.6	13.4	13.9
	Girls	7.16	20.5	13.0	13.5
6 Months					
	Boys	16.0	25.4	16.5	17.0
	Girls	15.5	25.0	16.1	16.6
12 Months					
	Boys	20.5	29.0	18.0	18.0
	Girls	19.8	28.7	17.4	17.6
18 Months					
	Boys	22.8	30.0	18.5	18.5
	Girls	22.0	29.7	18.0	18.0
2 Years					
	Boys	26.5	32.5	19.0	18.9
	Girls	25.5	32.5	18.5	18.6
3 Years					
	Boys	31.2	35.0	20.1	19.3
	Girls	30.0	35.0	19.8	19.0

The weights are taken without any clothing. The height is taken by placing the baby on a perfectly flat surface like a table, and having some one hold the child's knee down so that the leg lies out straight, then taking a tape-measure and measuring from the top of his head to the bottom of his foot, holding the tape line absolutely straight. The chest is measured by means of a tape line passed directly over the nipples around the child's body and midways between full inspiration and full expiration. The head measurement is taken directly around the circumference of the head, over the forehead and occipital bone.

Some other points of interest in the development of the normal baby are the following: Head held erect if trunk is supported during the fourth month. Sits alone for a few minutes at seven months of age. In the ninth or tenth month the baby will usually attempt to bear his weight on his feet. When ten or eleven months old he often stands alone with slight help. Makes first attempt to walk at fourteen to fifteen months. The baby must not be urged to do any of these things; let him alone to develop naturally.

The teeth are always of interest; here is the way the average normal baby cuts his first set of teeth; two lower central incisors, 6 to 9 months; four upper incisors, 8 to 12 months; two lower lateral incisors and four anterior molars, 12 to 15 months; four canines, 18 to 24 months; four posterior molars, 24 to 30 months.

At 1 year a child should have 6 teeth; at 1½ years, 12 teeth; at 2 years, 16 teeth, at 2½ years, 20 teeth.

The " soft spot " or fontanel on top of head closes with the average normal baby at eighteen months, but this time often varies greatly.

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Regular Nursing

Fortunate indeed is the mother who can nurse her baby throughout the first year, for not only are her duties greatly lessened thereby, but there is no comparison between the good results that are obtained with breast milk and any other food. Nowadays it is rare to find a mother who does not want to nurse her baby, but unfortunately the human race seems, to a certain extent, to be deteriorating in respect to the mother's nursing ability. Perhaps the refinement of civilization have given us better mothers but poorer nurses.

An infant that receives nature's own food during the first year of life is almost sure to grow and thrive, provided a few common sense rules are followed out. Not only does he grow and thrive, but it is a fact that the breast milk contains certain constituents, which, when taken by the infant, protect him from disease. Many of the diseases common to childhood are fatal during the first year, and it is a great comfort to the mother who is nursing her baby to think that she is, in this way, protecting him from these diseases until he is old enough to cope with them himself. One can readily imagine the thankfulness that is felt when a mother sees her breast baby go unscathed through an epidemic of scarlet fever or measles during this critical period of her infant's life, while the rest of the children in the family are ill with it.

Breast babies should be fed with the same regularity with which a grown person eats. Usually, unless the baby is extremely tiny and not strong, three-hour feedings are best, although children specialists in some parts of the country advise and get good results with four-hour intervals. If the three-hour intervals are used, the day should begin at six o'clock and end at nine.

During the first three months of life, one feeding may be given in the middle of the night, say at 2 a.m. At each feeding time, the baby may be allowed to nurse until he is satisfied, provided it is not longer than twenty minutes. Some babies will get all they need in five minutes, others in ten or fifteen minutes but twenty minutes should be the absolute limit.

If, for any reason, baby cries between his feeding times, it is best to let him wait until the next feeding is due. Mother usually thinks that baby is hungry every time he cries, because nursing is the only thing she knows that will stop the crying. Baby is quiet for a few minutes after he has nursed, but if the crying is caused by indigestion he is soon uncomfortable again, the same treatment is repeated, and thus the habit of irregular feeding is acquired. This is just as true of bottle feeding as of breast feeding. If the cause of the discomfort is indigestion and not hunger, the remedy is to omit a meal rather than give him an extra one. Irregular feeding for baby is very bad.

A well baby can be awakened at his feeding time, because it establishes habits of regularity so that he soon becomes accustomed to these periods and wakes of his own accord at feeding time, and goes off to sleep again as soon as the feeding is finished.

Every mother knows that the quantity and quality of her breast milk depend greatly upon her own food, and even if she does not consider her own health, great care and good judgment must be exercised in selecting her diet. One of the things she does not seem to know is what this diet should be, as there are many erroneous ideas and even superstitions about the nursing mother's food. There are two chief mistakes that are liable to be made, two extremes which work havoc: one is stuffing from morning until night, until both mother and babe have indigestion, and the other is neglect of one or two of the meals.

Times of Feeding

An ordinary infant that is not exceptionally delicate will require feeding in accordance with the following table:

1 week	1 month	2 months	5 months	7 months	9 months
6.00 a.m.	6.00 a.m.	6.30 a.m.	7.00 a.m.	7.00 a.m.	7.00 a.m.
8.00 a.m.	8.30 a.m.	9.00 a.m.	10.00 a.m.	9.00 a.m.	10.00 a.m.
10.00 a.m.	11.00 a.m.	11.30 a.m.	1.00 p.m.	11.30 a.m.	1.00 p.m.
12.00 noon	1.30 a.m.	2.00 p.m.	4.00 p.m.	2.00 p.m.	4.00 p.m.
2.00 p.m.	3.30 p.m.	4.30 p.m.	7.00 p.m.	4.30 p.m.	7.00 p.m.
4.00 p.m.	6.00 p.m.	7.00 p.m.	10.00 p.m.	7.00 p.m.	10.00 p.m.
6.00 p.m.	8.30 p.m.	10.00 p.m.	3.00 a.m.	10.00 p.m.	
8.00 p.m.	11.00 p.m.	3.00 a.m.			
10.00 p.m.	3.00 a.m.				
2.00 a.m.					

From the beginning, a long rest should be given to the child's stomach during the night. One feeding has, however, been allowed for in the table up to seven months, though many children will sleep from 10.30 p.m. till 6.00 a.m. before this. In this case, the first morning feeding will require to be given rather earlier, and the other feedings a little closer together, or the requisite quantity will not be taken.

Until a child is eighteen months old, it is wise always to take it up at 10.00 p.m. and give it some nourishment. It will then sleep later in the mornings, to the comfort of all concerned. The food should not be kept warm during the night, but heated as required, as milk readily turns if kept long at a temperature of 100.

Food for the Mother

Three square meals a day are best — a good dish of cereal, an egg and bread of some kind for breakfast, and meat and vegetables for the two other meals. Any kind of food that does not cause indigestion will not harm the baby. Excesses of any kind must be avoided. Too much pastry, candy, or any indigestable fried or rich food is harmful.

If she has a good appetite and eats three meals a day, the mother may have a drink of milk, malted milk or cocoa between her meals, and before going to bed, provided she feels the need of it and it does not interfere with her appetite when the regular mealtime comes. Plenty of fruit and vegetables will act as a laxative for both the mother and child, and usually do no harm.

There is no better way of judging the quality and quantity of a given mother's milk than by the baby himself. If he is nice and plump and is gaining four to eight ounces every week, there need be no fear that the milk is diminishing in any respect. When he is gaining properly in weight, it is a great mistake to stop the breast because baby is crying more than he should, or perhaps has a little vomiting. Even when the breast milk is not sufficient it should not be discarded altogether, but bottle feedings may be given with it, for even a little breast milk is better than none. Gradual weaning is easier for an infant at any time but especially during the early months, if for any reason it has to be done. Sudden weaning is occasionally necessary on account of the serious illness of the mother, but under no other circumstances up to the tenth or twelfth month should it be done.

Ayerst Cod Liver Oil is good for you and baby too.

Be Careful in Washing the Eyes

Never under any circumstances should the same piece of cotton be used for both eyes, nor even twice for one eye. Dipping the corner of a towel or cloth into a solution and then washing out the eyes with it is a bad practice, and is responsible for many cases of very sore eyes. The old-fashioned idea that even yet some midwives cling to — that of washing out the baby's eyes with breast milk — is foolish and unclean, and should never be done. A person having charge of a young baby should wash her own hands with soap in hot water before and after she attends to the baby's eyes. Careful cleansing with boric acid solution should be a part of the morning toilet of every healthy infant during his first year.

If the eyes are in a diseased state — a discharge of pus being present — a doctor should have charge of the case, and should see the baby regularly until all discharge has ceased. It will not do to delay matters in these cases; every minute counts for or against the baby. If one cannot afford the daily visits of a doctor, the child should be placed in a hospital where this care can be given him. No one has the right to run the slightest risk of having the baby become blind for life.

Sometimes a baby will catch cold in his eyes, the white of the eye becoming red and inflamed and perhaps a slight discharge of pus will be seen. In such cases the eyes should have the saturated solution of boric acid dropped into them every hour, if necessary, to keep them free from any discharge; and if at the end of twenty-four hours this has not greatly improved, a doctor should be called at once. After the cleansing process the eyes should be gently dried with clean cotton, or else the lids and cheeks under the eyes may become very much chafed and sore from the moisture. If the lids stick together, pure white petroleum from a sterile tube should be applied to the edges of the lids. It is very unhygienic to keep this petroleum in an open bottle or jar into which different members of the family constantly dip their fingers, yet this is a common practice in many homes.

Care of the Hair

Often the beauty of a child is greatly enhanced by the care given his hair during babyhood and early childhood. No mother should neglect this important part of her child's toilet. Very frequently a little brownish scaly substance is seen on the scalp of a young baby. It may be scarcely perceptible, or it may be seen as a thick crust, and it is generally spoken of bymothers as "milk crust" or "cradle cap." It is caused by an inflammation of the little sebaceous glands, and is technically known as seborrhea of the scalp. If allowed to continue untreated, the growth of the hair will be much harmed.

Washing alone will not cure seborrhea; in fact, water usually makes it worse instead of better. An ointment consisting of ten grains of resorcin to one ounce of petroleum is the thing to apply. This should be spread on soft linen and placed on the head fresh, twice daily, then covered by a cap of muslin or linen. Once in twenty-four hours the head should be washed with olive oil, and as much of the scaly substance removed as possible. The ointment should then be freshly applied. After about four days of this treatment, the head may be bathed with warm water and castile soap, and the ointment may be applied again if any more crust is seen.

Use PASTENE "Purity" Olive Oil — Best for Medicinal purposes.

After the scalp is entirely clear, it is a good plan to use the ointment one night every week for two or three weeks, in order to prevent a return of the trouble; usually the ointment may then be discontinued altogether.

For the first year of life a baby's head is usually best washed every day, when he is bathed; but after this time the hair is often so long that it takes too long to dry it, and once a week is often enough to keep the hair in good condition. As the child grows older, once in two or three weeks is generally enough. The scalp should have the soap and water well rubbed into it, using castile soap and warm water; then it should be very thoroughly rinsed in cooler water, and dried by rubbing with the fingers, the scalp being well massaged with the fingertips. Drying the hair in the sun is the best plan whenever possible.

Great care should be taken of the child's brush and comb. Each child, of course, should have his own outfit, and both comb and brush should be washed weekly with a few drops of ammonia in the water, the brush being shaken through this water, and then rinsed and dried in the sun. The comb should be well washed also, and the teeth carefully wiped. A comb with broad, coarse teeth that are smooth and do not catch in the hair is the best. The brush should not be too stiff, but should have good quality bristles.

It is thought best to cut a child's hair at least once during early childhood, and many persons prefer to keep a girl's hair short until she is seven or eight years old. This gives the girl freedom, and allows time enough for the hair to grow before it has to be put up. If it is worn long it should be kept braided and away from the neck as much as possible.

Care of the Nails

A foolish idea is often heard to the effect that babies' nails should never be cut, but should be bitten off. There is no reason for doing this. The nails should be kept trimmed with sharp but blunt-pointed scissors, and the skin at the roots of the nails should be gently pressed back by using the corner of a linen towel, and later by using an orange stick. If the nails seem very brittle, rub well into the roots some cocoa butter or a little white petroleum; this very often prevents hangnails also. A wocden toothpick is the best and safest thing to clean a baby's or a young child's nails with.

The toenails should also receive careful attention, and be cut straight across about once each week after the child has his bath. This will often prevent ingrowing nails, which are so painful and many times are hard to cure.

Shield the Eyes from Bright Light

The eyes of a baby are very sensitive to the bright light, and while sunshine is most essential to the health of a baby, great care should be taken to place him in such a position that he cannot stare up at the sun nor get its direct rays in his face. When he takes his long naps, a darkened room is to be preferred. Or if the nap is taken outdoors, a parasol lined with green should protect the eyes from the glare.

Young mothers and nurses are sometimes very thoughtless about shielding the baby's eyes at the seashore in summer. Many times a young baby is made most uncomfortable from the glare of the sun on the water or sand.

Care of the Teeth

Do not neglect the baby's teeth, thinking that they are only " baby teeth " and it will not matter about them. The perfection of the second teeth depends largely upon the first or " baby teeth. "

The Pro-phy-lac-tic Tooth Brush conforms to your dental aid.

Keep the baby's mouth and gums in a healthy condition by cleansing the mouth thoroughly several times a day with a boric solution, especially before and after every meal. This will prevent the milk remaining in the mouth becoming sour and fermenting. Sore mouths in babies usually denote lack of care.

It is not well to allow him to chew on a very hard substance, like a hard rubber ring or an ivory rattle, but a soft rubber ring which is washed often and kept clean, or a teething-ring cracker may be given him to bite on, at times.

If the mother will wrap a piece of cotton firmly around her little finger, then dip in boric acid solution or some other mild, cooling mouth wash, and rub the hot swollen gums several times a day, it will relieve the baby. Sometimes, when the tooth is very near the surface, it may be hastened through the gum by this rubbing. Doctors do not, as a rule, like to lance the gums, unless the baby is really in severe pain, or there is high fever, or marked nervous symptoms are shown.

The teeth should be brushed with a soft tooth-brush and some mild tooth powder, then the mouth rinsed with boric-acid solution. A dentist should see the teeth twice each year, and oftener if there is anything wrong with them.

To Treat Discolored Teeth

Take a little powdered pumice-stone and gently rub it on the teeth by means of a smooth, flat little stick. Rinse the mouth well. Use a soft tooth-brush and a little prepared chalk every day, night and morning, and then rinse the mouth well.

BABY AILMENTS

Any Illness is a Distinct Detriment

There is no time in a child's life from babyhood to adult age when any illness is not a distinct detriment. It is true that Nature's recuperative powers are great, especially with children; nevertheless, interest has to be paid for any undue expenditure of strength, and the bills are always collected sooner or later.

Never expose a child to any infectious disease.

Isolate a sick child immediately until the correct diagnosis is known.

Send for a physician and obey his orders.

And lastly, whatever course is taken with your own children, respect your neighbors' rights and avoid letting their children contract the disease.

Summer Complaint

Most mothers dread the summer because they fear the baby may contract diarrhoea. It is, indeed, true that many babies have diarrhoea in summer, but if the mother understands how to care for the baby intelligently at such a time, the disease may be rendered much less serious, and in many cases prevented. Feed the baby regularly, keep everything about him and his food, bottles, nipples, etc., perfectly clean. Be sure your milk comes from a reliable dairy and is kept on ice from the moment it enters your house. If any signs of diarrhoea should appear, give a dose of castor oil at once; stop all milk, and between meals give barley water and plenty of pure, cool water that has first been boiled. It is a great mistake to stop giving water; the baby needs it at this time more even than when he is well. If this simple treatment does not cure the baby in a day, then send at once for your doctor — do not wait until baby is very ill.

Pro-phy-lac-tic Tooth Brush really cleans — "A clean tooth never decays."

What to do for Colic

During the actual attack of colic, the mother should warm the baby's hands and feet. Let him lie across the lap with his abdomen on a hot water bottle, which should be so covered as not to burn him, or hold him up over the shoulder and gently pat his back to help him bring up the wind. She should also give him an ounce of warm water, either plain or with half a soda-mint tablet in it; if the gas seems to be mostly in the intestines she should give him an injection of warm water, and gently massage his abdomen. A long rubber catheter, either on a fountain syringe or a bulb syringe, is the best thing to use, as it can be oiled well and then gently worked up quite a distance into the intestines, thus greatly relieving the pressure of the gas there.

Walking the floor, jumping the baby up and down, and giving him violent rocking do no good, and only make matters worse. Do not give catnip, anise nor fenner teas for colic.

The bottle-fed baby who has colic should have his food formula intelligently changed until the right proportion of proteid and fats are found to suit the individual baby. No set rule for this can be laid down, as each baby differs in his digestive capacity.

Colds of Various Kinds

Some are caught directly from others, and some are contracted by a sudden chilling of the child's body surface. Strange as it may seem, more colds are contracted through children being kept too warm. Children who are overloaded with heavy flannels, or are kept shut up in badly ventilated rooms, either steam heated or furnace heated, perspire readily, then feel the slightest draft or change of air, and are very apt to have one cold right after another. It is not right to go to the other extreme, and put no wool whatever on a child; nor is it right to allow him to go about with low socks all winter in the foolish hope of hardening him. There is a happy medium of common-sense in this as in all other matters.

Children have much better health if they wear medium-weight shirts, bands, drawers and stockings. Garments of this character have enough wool in them to absorb moisture and prevent chill, without causing profuse perspiration. A number of extra cotton garments will not take the place of those that contain real wool. Cotton garments are heavy, and it takes much of the child's vitality to heat them up; and even then they do not retain warmth as do wool garments.

Causes and Treatment of Sore Throat

There are many causes: colds, catarrh, the beginning of croup and some forms of stomach trouble, may all commence with a sore throat; some of the infectious diseases also begin this way. Many children always have a sore throat if they get their feet wet. The treatment depends somewhat on the cause, and the kind of sore throat. It is often best to keep the child in bed for a day or two, and give him something to open the bowels and a mild antiseptic to gargle. If the sore throat does not yield quickly to this treatment, or if there are any spots visible, a doctor should be called in at once. It is best to keep a child with sore throat away from other children.

When a cold is once started, it is very difficult to break it up. The various "remedies" for this purpose sold in drug stores should be avoided and no medicine given without special advice from the family doctor. Castor oil is always a safe thing for a mother to give, however, and this should be given as soon as possible after the cold is discovered. It is usually advisable to omit

Ayerst Cod Liver Oil is the richest source of Vitamins.

the tub bath, and give a warm sponge bath while the child has a cold. If the cold is in the head and nose, dropping olive oil up the nostrils several times daily will often help.

For an older child, a hot foot bath at bedtime and a glass of hot lemonade to drink is an old-fashioned but still a safe and often effectual remedy. Often, if the cough is troublesome, letting the child inhale steam from a pitcher or kettle of boiling water will be found very soothing. A mustard paste, made of one tablespoonful of mustard and six tablespoonfuls of flour mixed with water and spread between two layers of muslin, may be placed on the child's chest for five or ten minutes at bedtime, if the child coughs much or seems to have any difficulty in breathing.

It is unsafe for a mother to treat a cold on the chest herself. Colds soon become bronchitis, and bronchitis is apt to turn into pneumonia; so that, unless the child becomes much better after trying the foregoing remedies, a physician should be called in at once. Be careful never to dose a child with " patent " cough mixtures that are sold in drug stores without a prescription.

Constipation in a nursing baby often is caused by the same condition in the mother, and the family physician must be called in to prescribe for her before the baby is constipated, because he is not getting enough food to cause free movements. The mother should weigh the baby just before a meal, and then after twenty minutes' nursing weigh him again, and see if he gains several ounces in weight. If he has not gained, then one or two bottle meals must be added to his diet.

Sometimes lack of water causes constipation. Babies need water from the start of life. Under six months of age, from three to four ounces daily should be taken; after this time, from six to eight ounces in twenty-four hours. This water should be boiled, and given between meals either in a spoon, bottle, or by a medicine-dropper. Orange juice may be added to the water if the baby is over three months of age, but never sugar.

Olive oil is also good for constipated babies, whether breast-fed or bottle-fed One teaspoonful may be given early in the morning on an empty stomach and, if this is not enough, the dose may be repeated in the late afternoon between meals.

In connection with the training, massage of the abdomen often helps. Begin at the right groin and with the tips of the fingers go up to the navel, then across and down on the left side, using a circular motion and pressing gently but rather deeply.

Do not give castor oil for constipation; it may act at once, but it will leave the child much more constipated than before. Never give any " patent medicine " for this condition, no matter how highly your friends advise it or the papers advertise it. If everything else fails, then get your doctor to prescribe.

Oatmeal gruel added to the milk, if the baby takes a bottle, is also helpful; but in summer this is apt to be too heating to the blood, and it is better to use a form of malt sugar and water as the diluento of the milk than oatmeal gruel. Orange juice and prune juice are helpful, especially on an empty stomach.

Some Infectious Diseases

Measles, scarlet fever, whooping cough, mumps, diphtheria and chicken pox are among the most frequent diseases of infants and children. In connection with these diseases, the young mother often has many puzzling questions presented to her. While the children may have these diseases at any time of the

Use PASTENE " Purity " Olive Oil — Best for Medicinal purposes.

year, it is during the season when school is in session that we find more cases than at other times.

One of the first puzzling question in connection with these diseases is: How long after being exposed is the child likely to show the first symptom of the disease ?

This time is called " the period of incubation. " In measles, it is usually from eleven to fourteen days, but may be as long as twenty-one days. In German measles, it is usually from fourteen to twenty-one days; scarlet fever, two to six days; whooping cough, seven to fourteen days; mumps, seventeen to twenty days; diphtheria, two to five days; chicken pox, fourteen to sixteen days. It must be remembered that individuals differ, and the above periods given are only for the average.

Measles Symptoms

Measles usually begin like a severe cold in the head. The eyes and nose run, and the child has some fever, which usually drops after one day, only to rise again just before the rash comes out, and continue while it is coming out. These preliminary symptoms often last from two to five days before the rash is seen, the child being cross and generally miserable all this time.

How May a Child Contract One of These Diseases

In measles it is usually necessary for a child to come into contact with a child who is coming down with the disease, or with one who already has it. It is indeed possible for a third person to carry the disease, or for furniture, toys, houses, etc,. to have the germs of the disease on, or in them, and thus convey it to a child, but this is very unusual.

In whooping cough, it is most often by direct contact that the disease is spread; it usually being necessary for one child to be near another who has the disease in order for him to take it; but it is also possible to convey the disease in order for him to take it; but it is also possible to convey the disease on the clothing, or through a third person, if a very short time has elapsed; or if the child who has the cough has expectorated or vomited on clothing or in a room with which another child is soon after brought into contact.

In mumps, close contact is usually required to contract the disease; but rare cases have been known where it has been carried by a third person. In diphtheria, direct infection of one person by another is the most frequent method of the spread of the disease, but indirect infection is not very uncommon; the clothing, beddings, toys, books, letters, carpets, hangings, animals, etc., that have been near a patient with diphtheria may convey the disease to another child. A third person, especially the nurse or the doctor, may carry the germs of the disease to another child, although this is not very often done. Diphtheria may also be spread by means of the milk supply.

Chickenpox, although a mild disease, is a very contagious one. It is usually contracted by means of direct exposure to another case, but may be by means of a third person.

In measles, the disease is most infectious from the very first stage. From the moment the child begins to sneeze, his nose begins to " run ", or his eyes to water, or he has the least little cough, he may, and in nine cases out of ten he will, give it to every other child who has not already had it, with whom he comes in contact. So, through the entire course of the disease, the patient may give it to other children, although there is less danger of his doing so after

Ayerst Cod Liver Oil is pleasant to taste.

the rash fades than in the early stages ; but the patient must be isolated or kept away from other children for fully two weeks, better three weeks, from the beginning of the first symptoms.

In scarlet fever, a most contagious disease, we find the most infectious period a little later. Usually it is necessary to keep the patient away from other children for six weeks from the beginning of the disease, sometimes for even a longer period. It depends on the length of time it takes for the body to peel, or, as it is correctly termed, " desquamate ". Every particle of dry skin must be off before it is safe to allow the child to mingle with other children. Even in very mild cases this rule holds good, for from the mildest case a very malignant one may be contracted.

In whooping cough, the disease may be given to another child from the start, or even before the typical " whoop " develops; and it may be considered infectious as long as the child coughs, although it is often considered only necessary to keep the child apart from other children for a period of two months.

When a child has mumps he may give the disease to other children until a few days after it has disappeared. It is usually considered safe to keep the child apart from other children for a period of three weeks from the beginning of the attack.

Mode of Infection

Diphtheria is very infectious from the beginning of the attack. It runs with such a varied course that it is very hard to say just how long the patient should be kept away from others. In cities this usually is determined by taking numerous " cultures " from the noses and throats of the patients, and as long as the bacillus that causes the disease is found in these cultures the patient is isolated. Sometimes this is two weeks, again it may be five or six weeks.

Chicken pox is infectious from the onset, or first symptoms, and may be contracted by other children until the last crust covering the little spots has fallen off. The period here also varies greatly, usually from two to three weeks; it depends on how profuse the eruption has been.

Have every room, where a patient with one of the above contagious diseases has been, fumigated with formalin first, and then scrubbed and aired; also have all clothing and bedding boiled wherever possible. It is well worth the trouble, and gives a feeling of cleanliness and security not otherwise to be obtained.

In cases of scarlet fever and diphtheria, it is usually obligatory in all places to fumigate the apartment of the patient at the close of the disease, and to destroy all toys, books and other articles not especially valuable. The rugs, carpets, mattresses and heavy bedding, that cannot be washed and disinfected, should be sent away to be steamed, the wall paper scraped off, and the whole room scrubbed and aired.

In cases of measles, mumps (where the disease has affected both sides the first time), whooping cough and chicken pox a second attack is rarely if ever found. In some cases, a wrong diagnosis may have been made either the first or second time the child is supposed to have one of these diseases, and thus the patient is said to have had two or even more fever attacks of the same disease. In the case of scarlet fever, a second attack is possible but not probable; but in the case of diphtheria, it is often very probable; in fact, there is hardly a limit to the number of attacks a person may have.

Baby's Own Soap — Best for you and Baby too

Fresh Air For the Baby

The room in which the baby spends most of his waking time should be kept as full of sun and fresh air as possible. Babies never thrive in close, dark rooms.

The temperature of this room during the day should be 68 degrees, as indicated by a thermometer hung on a level with the baby's crib. The temperature of the sleeping room should be between 45 and 55 degrees.

Keep baby in the house when there is a high, cold wind, when it rains or snows, or when the thermometer registers below zero.

In summer, after baby is one week old, he may go outdoors; in spring and autumn, when he is three or four weeks old; in winter, when he is two or three months old.

The best time of day for a baby to go outdoors: In winter, during the warmest part of the day, between 11 a.m. and 3 p.m.; in spring and autumn any time between 9 a.m. and 5 p.m.; in summer, in the coolest part of the day, which is usually before 10 a.m. or between 4 and 7 p.m. After sundown, the baby should be alseep in his crib and not out on the streets.

In cold weather, see that the wind does not blow in the baby's face, and that he is kept well wrapped up, with mittens on his hands and warm blankets over his feet; also that the sun does not shine directly in his eyes when he is asleep or awake; although if his eyes are protected, he should be kept in the sun as much as possible on cold days. In warm weather, one should always choose the shady side of the street, or go to the parks, where there are shade and a cool breeze.

A large, roomy carriage with good springs is preferred; never a go-cart with a straight back. The baby should have room enough to lie down in his carriage when he grows tired, and to change his position from time to time. The carriage should have a parasol, or else a hood, and this should be lined with dark green to protect the baby's eyes from glare. The hood also serves to keep off wind.

When baby is old enough to walk in the street, take special care that he does not play in the wet puddles, sit down on cold steps or damp grass, get wet in snow, or get too tired.

Hot Weather Suggestions

Do not forget to give the baby plenty of water. A fretful, wakeful baby will frequently go off to sleep after a few sips of cool water.

In hot weather less food should be given, especially less solid food, and more water.

On the purity of the milk supply depends the baby's health. Investigate the source of supply, and refuse to patronize any dairy where sanitary conditions are not good. Place the milk in the refrigerator as soon as possible, and next to the ice if convenient. If you cannot obtain ice, wrap the bottle in a wet cloth and stand in a dish of cold water. Place near an open window and out of the sun.

Keep all milk covered in bottle until required for use. Never leave milk in open bowls, as it will absorb odors and attract flies, germs and dust.

Pour from the bottle only what is needed for immediate use, and never pour milk, which has become warm, back into the bottle of cold milk.

Do not put anything in bottles once they are empty. Wash them clean with boiling water so as to remove all odors.

Baby's Own Soap — Best for you and Baby too.

Keep the milk supply cool at all cost is the great thing to remember.

" Holding and rocking " are the last things likely to quiet a restless baby on a hot day. Take off his clothes and give him a tepid sponge bath with one teaspoonful of bicarbonate of soda to a small basin of water. Go over his head and body several times with this solution, then very gently pat him with an old, soft linen towel; dust a little pure powder in the folds and creases, put on his thin silk-and-wool band and cotton diaper, and let him lie on a bed or in his crib for an hour before you put on his other clothes. He will very often fall into a refreshing sleep, especially if he is given a little pure water in a bottle at this time. Another sponge bath like the above may be given when you put him to bed. These frequent sponge baths with soda water help to prevent prickly heat. Remember to keep him out of your hot arms all you possibly can.

Some Summer Hints

For Prickly Heat: Give frequent tepid baths with one teaspoonful of bicarbonate of soda to a basin of water, then apply a powder composed of one ounce of powdered cornstarch and two drams of boric acid. A bran bath is often helpful. A pint of bran should be put in a cheesecloth bag and squeezed about in the bath water until the water looks like a thin gruel. Use a linen shirt under the silk-and-wool band if the body is much irritated.

For Chafing during summer Complaint: Bathe the parts with olive oil — not water — then apply the following salve spread on soft linen: two drams of cornstarch, two drams of oxide of zinc powder, throughly mixed with one ounce of petroleum. Apply fresh every time the baby is changed.

Dont's for Mothers

Don't let the baby suck his thumb.
Don't give the baby food or drugs without the doctor's advice.
Don't let anyone with a cough or cold kiss or hold baby.
Don't let the baby lie in a wet napkin.
Don't forget to cleanse the bottle and nipple thoroughly.
Don't expose baby to flies or moquitoes.
Don't allow baby to go for twenty-four hours without a bowel movement.
Don't forget to weigh the baby regularly and report to doctor.
Don't excite baby at any time, but especially before or after feeding.
Don't lift baby without supporting his back.
Don't feed baby irregularly.
Don't pick baby up every time he cries.
Do not use patent devices for keeping baby's food warm.
Never give medicine to a baby without a doctor's orders.
Do not excite the baby by rough play near his bedtime.
Do not allow people to kiss the baby, especially on the mouth.

Don't lay every nursery ailment to " only teething "; find out the real trouble and have it treated.

Don't think it is natural for a baby to vomit. This is not "a sign of health," but of indigestion.

Don't allow the baby to sleep with an older person.

Don't give sugar-water to a baby; it often causes colic. Teach the baby to take unsweetened water instead.

Try PASTENE " Purity " — Then you will like Olive Oil.

Rickets

A Digest From An Article Published by the Canadian Council on Child Welfare.

Its Cause. — Rickets is a disease of infancy which has been known and accurately described since the seventeenth century. Through the year it has always been regarded as likely to follow poor living conditions and faulty feeding but it has not been until very recently that definite knowledge has been obtained as to the cause of the disease.

Chemical examination of the blood, X-ray examination of the bones and other exact methods of study have revealed the fact that rickets is a very common malady, affecting nine infants out of ten. Fifty per cent of breast-fed and nearly all artificially fed babies have the disease. Twins and premature infants are especially prone to it and it may begin as early as the first month of life. It is not confined to the poor, although this class is more frequently affected but it appears very often in the bones of the well-to-do. In Canada the months of December, January and February show an increasing number of cases, with the peak being reached in March.

Two Factors Enter Into Its Causation

First : Dietetic — The fact that breast-fed infants are less liable to the disease is an evidence of the importance of diet as a causative factor. But it is also established that rickets occurs even in the most carefully arranged diets including breast milk from apparently healthy mothers.

Experiments have shown that in babies with rickets the phosphorus in the blood is diminished in quantity, and that the calcium taken in the food of the rickety infant is to a great extent passed out of the body in the excreta. Very little of these important elements are retained in the body to build healthy bone and other tissue. It was then found that feeding the baby Biologically-tested Cod Liver Oil changed all this; the phosphorus in the blood became normal and the calcium ingested was retained in normal quantities in the body. Thus it was determined that although it is very necessary and desirable to give the baby the very best diet of mother's milk or other suitably arranged food, another factor, the so called "vitamin" or anti-Rachitic element contained in Cod Liver Oil was necessary to enable the body to seize upon and utilize the calcium and phosphorus taken in the food to build up tissue, especially bone. This mysterious material is the cement which binds the bricks together in the structure.

Second : Hygienic. — It has long been known that infants reared under poor living conditions are more likely to contract rickets. Murky atmosphere; damp, sunless weather; crowded, closely-placed dwellings to which little sunlight penetrates, are factors in the development of the disease. Italians and Negroes, who in their native countries seldom have rickets, are especially prone to it when covered with heavy clothing and crowded into tenements in our large cities. In the famine district of China, where children die in thousands of starvation, rickets is almost unknown because of the outdoor life of the people.

Experiment and study have shown that of all the factors comprehended in the term " unhygienic surroundings " the one which is productive of rickets is lack of sunlight. Apparently, from sunlight, just as from Cod Liver Oil, comes an influence — a force — which enables the body to make use of the calcium and phosphorus in the baby's food to build these elements into strong healthy bone. One has only to look at what happens to plants and animals

Guard your baby against Rickets with Ayerst Cod Liver Oil.

deprived of sunlight to realize what could and does happen to babies similarly abused. If it were possible to go without clothing as do the natives of Africa we would have no rickets, but here climate and civilization demand that the body be covered. Sunlight is a combination of rays of light of various colors and effects. If the light is broken up by means of a prism it is found that the rays of light visible to the eye form a spectrum — red, orange, yellow, green, indigo, blue, violet. Beyond the violet are the rays called "ultra violet" and these are the part of the sunlight which has such wonderful effect in the growth and development of the growing infant. Unfortunately the sun's rays are least potent just at the very time when Canada's climate forces the children indoors and demands bundling their bodies in heavier clothing, while overhead leaden skies offer an additional barrier to the life-giving rays. These factors combine to explain the winter increase of rickets.

Rickets' Sad Trail

The baby frequently looks well nourished — even fat — and on superficial examination would often be considered in perfect condition. The beginnings of this disease are thus easily overlooked. Early, however, he becomes irritable, restless and pale; he has profuse sweats, especially about the head and neck, the pillow often being wet from this cause. He rolls his head from side to side and may show a bald spot on the back of the head where the hair is worn off by the movement. The baby is backward in sitting up, in walking, and in the eruption of his teeth. The muscles are flabby and soft and because of their weakness he is unable to hold himself up or to stand. Weak muscles also cause a large abdomen — " Pot belly. " He is constipated for the same reason and the resulting distension of his bowel soon produces symptoms of indigestion with vomiting and diarrhea. It will thus be seen that in mild forms the infant does not appear to be actually ill, but the disease, no matter how slight, predisposes to defects of development which may interfere permanently with good health and vitality.

The later effects of the disease are much more disastrous and distressing. Rickets received its name from the old English word " wrikken " — to twist awry — , and it is the bony deformities which are the most striking features. Because of lack of calcium, the hardening material, the bones are soft and as soon as pressure or weight is applied they bend and deform. The head is misshapen — box shaped — , the chest shows a double row of beads on either side of the breast bone — the " rachitic rosary " and is drawn in at the sides with projection of the breast bone forward producing what has been called the " pigeon breast. " The ribs flare out below from the pressure of the distended abdominal organs. The spine may be twisted from the softness of its bones and the inability of the weakened muscles to hold the back straight when the child sits up. Deformity here may become extreme and is the cause of the unfortunate condition of the " hunch backs " one sees on the streets. The pelvic bones may be deformed and in the case of a female infant this may be the cause of her death when she grows to maturity and attempts to give birth to a child. The signs of rickets known to all and plainly visible every day upon the streets are bow legs, knocked knees and flat feet. They are caused by placing the child's weight upon its softened bones which bend under the strain. Without early treatment the bones finally become permanently set in the positions assumed.

Teeth are similar in structure to bones and are affected like these by nutritional disorders. It is now known that defects in development, irregularity in shape, size and position are related very closely to the building of calcium

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into the teeth before they emerge into view. A rickety baby will be slow in teething and when teeth come they will do so irregularly and will be indented, small in size and improperly placed. Defective structure causes early caries, producing cavities and early loss of teeth. Long before the baby is born the teeth form in the little jaws and in order that they may develop properly at this stage the mother must have calcium in excess of her own requirements so that there will be abundance to provide for the needs of the baby. Not only must she eat good wholesome food but the " vitamin " which renders the calcium available for use is vital. Biologically-tested Cod Liver Oil and sunlight are two necessities for a pregnant woman. After birth, to insure growth of teeth which keep on forming out of sight for six or eight months, the baby is to be provided also with these essential agents.

One of the most frequent causes of death in infants is pneumonia, this disease being responsible for one death in every seven. It is well known that babies with rickets are much more liable to pneumonia and when they contract it are not as well able to fight the disease as are healthy infants. Rickety children through general lack of vitality are unable to cope with the infections to which all are exposed. They suffer greatly from head colds, and from bronchitis and from these conditions, broncho penumonia is an easy step. The deformed chest of these little ones predisposes to all sorts of lung diseases, including tuberculosis.

Another very dangerous and alarming condition from which infants with rickets are frequent sufferers is convulsions. A healthy child free from rickets rarely shows this complication.

The Prevention and Cure

Every mother wishes her child to grow up strong, robust, and healthy, with a well shaped head, a well developed chest, strong, straight back and legs and with regular teeth in well formed jaws. This wonderful result is obtainable in every case. Rickets is easy to prevent and easy to cure.

The significance of the development of the baby during these important months before birth has already been emphasized. The importance of vitamin-bearing food for the mother during this period cannot have too great stress. Milk, eggs, vegetable, fruit, greens, and Biologically-tested Cod Liver Oil are necessary. Out-of-door life with plenty sunshine is also indicated.

After the baby has arrived and is being fed breast-milk, the mother must not relax her efforts. Vitamin-bearing food and sunlight will insure that the baby will receive the elements he needs to build his calcium and other elements into a good strong healthy body.

When the time comes to feed other foods, those which carry vitamins should be added as soon as possible, milk, egg yolk, the greens, oranges and other fruit juices are examples of these. In addition it should be borne in mind that Biologically-tested Cod Liver Oil is to be regarded as an essential food, and should be included in every infant's diet, even those breast fed. Begin at two weeks and give the baby ten drops three times a day, increasing gradually until at three months a teaspoonful is being taken three times a day. Continue until the baby is two years old. This treatment will cost three cents a day and for this trifle the baby will have a well formed healthy body. The oil should be obtained from a reliable firm and in this connection it is gratifying to note that the oil procured from fish on our own Eastern coast is the best available.

Guard your baby against Rickets with Ayerst Cod Liver Oil.

Sunlight has magical power to prevent and cure rickets. It is to be remembered that the ultra-violet rays which do the good work cannot pass glass, clothing, or dust-laden atmosphere. It is therefore essential that the sunlight fall on the naked skin. This is a matter easy to arrange in the summer when the temperature is high and it can also be managed in the winter by care and patience. By exposing a small portion of the baby's body and gradually increasing the time of exposure and the amount of surface exposed, the sun's rays will be made to operate the year round in the prevention and cure of this disease.

Science has devised a method by means of which these ultra-violet rays may be artificially produced by the use of the mercury vapor quartz or the carbon arc lamp. In cases where treatment by sunlight is impossible these devices will prove effectual.

It should be stated, in passing, that Biologically-tested Cod Liver Oil is not the only food which contains this anti-rachitic vitamin but its use is urged here because it is cheap, everywhere available, and if properly obtained and cared for, possesses a uniform and potent content of the important element. Science will one day isolate, and, perhaps, prepare in the laboratory the substance which works this beneficial effect. Indeed, it has been claimed that this has already been done. Cod Liver Oil has been described by some as " bottled sunlight " and there is a theory supported by more than a little scientific evidence, that the sunlight, acting upon the cod fish or more likely upon the food which the fish consumes, is responsible for the unusual concentration of this anti-rachitic element in this particular animal.

To sum up:

1. Rickets attacks nine babies out of ten.
2. Rickets is due to: (a) lack of anti-rachitic vitamin in the food; (b) lack of sunlight.
3. Rickets results in disability which predisposes to pneumonia and to convulsions.
4. Rickets produces ugly deformities as hunchback, bow legs, deformed chests, and poor teeth.
5. Rickets is easily prevented and cured by: (a) feeding of Biologically-tested Cod Liver Oil to pregnant women and all infants; (b) exposure of the naked body to sunlight.

Publisher's Note: *The importance attached to the use of Cod Liver as a preventive measure so strongly advocated in the above article, and the emphasis placed on the use of a " Biologically-Tested Cod Liver Oil " to ensure the maximum result is most conclusively corroborated in a paper which appeared in the Canadian Medical Association Journal, April 1931, by Dr. Alan Brown, the well known Canadian authority on diseases of children, in which it is stated, — " Every infant, whether breast — or bottle-fed, should be given one half a teaspoonful of biologically tested cod-liver oil three times a day, which amount is gradually increased until at three months of age it will be getting one teaspoonful three times daily. Add to the cod-liver oil, sunlight, and the prevention is doubled. "*

Guard your baby against Rickets with Ayerst Cod Liver Oil.

List of Recommended Products

ALE & PORTER
" Dow "
The National Breweries Limited

BANK
The Royal Bank of Canada

BISCUITS
" McCormick's "
The McCormick Mfg. Co. Limited

BREAD
Harrison Brothers Limited
Telephone WEstmount 4820

BUTTER & BUTTERMILK
The Montreal Dairy Company Limited
Telephone AMherst 1151

CATERERS
Alexander's Confectioners
Telephone DExter 1149

CHINAWARE
Cassidy's Limited

CLEANSER
" Snap "
Snap Company Limited

CLOCKS
Cassidy's Limited

COD LIVER OIL
" Ayerst "
Ayerst, McKenna & Harrison Ltd.

COFFEE
Lido Liquid Coffee Ltd.
Telephone PLateau 8346

CONFECTIONERS
Alexander's Confectioners
Telephone DExter 1149

CUSTARD POWDER
" Brodie's XXX "
Brodie & Harvie Limited

CREAM
The Montreal Dairy Company Limited
Telephone AMherst 1151

CUTLERY
Cassidy's Limited

DEPARTMENTAL STORE
Jas. A. Ogilvie Limited

ELECTRIC APPLIANCES
Electrics & Radio Limited
Telephone LAncaster 4259

FLOWERS
Chas. J. Hill Reg'd.
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FLOUR
" Five Roses "
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FURNITURE POLISH
" Rogers "
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FURNITURE
Jas. A. Ogilvie Limited

GIN
" Burnetts Whites Satin "
Distillers Corporation Limited

GINGER ALE
" Kelly's "
Kel. Ola Company Limited

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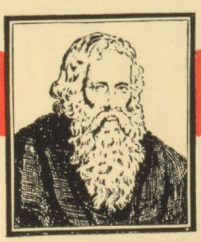
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